

Delta Gamma
COOK BOOK



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Book -D 38
1922

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Delta gamma Lambda nu chapter

DELTA GAMMA COOK BOOK

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PREFACE

In compiling a book of this type where recipes have been sent in from many quarters, it has, of course, been necessary to cull out duplicates and to re-word in some cases so as to gain some degree of uniformity. We have tried to keep at least one recipe from each Delta Gamma who responded to the appeal, but in some cases where only one recipe was sent, it has not always been possible. In other cases recipes came too late to be inserted. There were also a few exact duplicates of copyrighted recipes, which we were obliged to leave out. Where there was a shortage of recipes the committee has filled in to the best of its ability. This will account for the large number of Lambda recipes throughout the book.

It was intended that each recipe should bear the signature and the name of the chapter of the one who sent it, but some were sent in unsigned.

Thanks are extended to all who lent a hand in the preparation of this book which we hope may prove a valuable aid to all Delta Gamma housekeepers and their friends.

Committee.

*To the
Delta Gamma Brides of 1922
this book is dedicated.*

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SOUPS

Cream of Almond Soup

2/3 cup almonds	3 stalks celery
6 bitter almonds	3 tablespoons butter
4 tablespoons cold water	3 tablespoons flour
1/3 teaspoon salt	2 cups scalded milk
3 cups white stock	1 cup cream
1 small onion	salt and pepper

Blanch, chop, and pound almonds. Add gradually water and salt; then add stock, sliced onion, and celery; let simmer one hour and rub through a sieve. Melt butter, add flour and pour the hot liquor on gradually; then add milk, cream, salt, pepper, to taste. This is nice to serve with bread cut in the shape of almonds, buttered and toasted.

Alice B. Fraser (Lambda Nu).

Clam Bouillon

One quart clams, two small onions, one-half pint water. Boil twenty minutes. Strain through cheese cloth and add one tablespoon flour and one tablespoon butter. In separate boiler, heat one-half pint cream and one-half pint milk.

Put this with above. Serve with one teaspoon cream in each cup. Serve hot.

Esther C. Dunn (Chi).

Royal Bouillon

- 2 pounds good lean beef
- 1 chicken (about 4 pounds)
- 1 pound ham or 3 or 4 slices of bacon

Make a "bouquet" of

- 1 bay leaf
- 1 teaspoon celery seed
- 1/2 teaspoon sweet marjoram
- cloves and other herbs according to taste

Add to stock. Simmer four or five hours. After the stock is thoroughly cold, clarify with beaten white of one egg. Place egg in cold bouillon and bring to a boil. Strain, serve with whipped cream over which paprika has been sprinkled, or with a slice of lemon in each cup. (The chicken and beef are better boiled together, but this impairs the flavor of the chicken, which otherwise can be used for salad or croquettes, therefore they may be boiled separately.)

Ina Firkins (Lambda Nu).

Clam Chowder

1 dozen clams	soup greens
1 pint tomatoes	thyme
4 carrots	pepper and salt
4 potatoes	

Heat one quart water. When steaming add to it the liquor of the clams. Let boil and skim. Add strained tomatoes and all vegetables chopped. Season with thyme, pepper and salt.

Let the above boil slowly about two hours, then add chopped clams and continue boiling for at least one hour. This makes about two quarts and the flavor improves on reheating the chowder.

Jane Cheney Landmesser
(Mrs. C. F. I.) (Chi).

Clam Chowder

2 slices bacon	1 small onion
3 or 4 medium sized potatoes	small piece butter
2 dozen clams	4 soda crackers
1 quart hot milk	

Cut bacon in small pieces, put in kettle and fry for a few minutes. Add onion sliced fine and fry for five minutes together.

Cut potatoes very small, add to bacon and onions, add enough water to cover them and cook until potatoes are soft. Flavor to taste.

Chop the clams fine. Five minutes before serving, add the clams and the juice and then the quart of hot milk and butter, also soda crackers broken in small bits. Serve at once.

Dorothy Petersen (Gamma).

Cauliflower Purée

1 cauliflower	$\frac{1}{2}$ bay leaf
3 cups boiling water	$\frac{1}{4}$ cup flour
$\frac{1}{4}$ cup butter	1 pint milk
1 slice onion	salt and pepper
1 stalk celery, cut in inch pieces	

Soak cauliflower, head down, in cold salted water fifteen minutes. Cook twenty minutes, or until tender. Rub through a sieve. Cook onion, celery and bay leaf in butter five minutes. Remove bay leaf, then add flour; cook two minutes, add stock and hot milk. Season with salt and pepper, strain and serve.

Bertha Betts (Chi).

Celery Soup

Wash and cut up two medium sized stalks of celery, using the leaves. Put into a small kettle and add enough water to barely cover. Cook slowly until the celery is thoroughly done. (Celery seed may be added to give a stronger celery flavor if desired.) Drain off the water and add to it one cup of cream and salt to taste. Blend a tablespoon of flour with the same amount of butter and add to the soup, stirring constantly until it comes to a boil. Serve at once.

Mary Louise Longbrake (Lambda).

Chicken and Mushroom Soup

- 1 quart of chicken stock, seasoned with onion and celery
- 1 quart of white cream sauce
- 1 can chopped mushrooms (not too fine)
- pepper and salt to taste

When serving add one spoonful of stiffly whipped cream to each serving, with chopped parsley, sprinkled on whipped cream.

Mary Louise Longbrake (Lambda).

Clear Soup or Cold Consommé

3 pounds lean veal	2 onions
3 pounds lean beef	2 stalks celery
1 slice ham or ham bone	

Mince the ham or crack the ham bone. Put meats and seasoning over the fire in six quarts cold water. Let this come slowly to the boiling point and then simmer for six or seven hours. Strain through a double cloth and set in a cold place. Remove fat carefully. Put stock back on fire with the unbeaten white and the shell of an egg. Let it heat quickly and boil fast for five minutes. Strain again. Add salt and pepper to taste just before serving. Many people like the addition of one glass of sherry.

Leulah Judson Hawley (Lambda).

Consommé

Cut the meat from the bones of one shin of beef and one knuckle of veal. Put a kettle over a hot fire and sprinkle over the bottom of it one heaping tablespoon of sugar. Let it brown and allow it to smoke for a minute, then add quickly one-fourth cup of chopped onions and the same quantity of cold water and cook for five minutes. Place the bones in the kettle and then the meat—cover with five quarts of cold water, bring to a boil, skim carefully and place over a moderate fire to simmer four hours. When ready to serve, a slice of lemon placed in each cup will add to the flavor of the consommé.

Fanny Cole Speth (Kappa).

Consommé

1 knuckle of beef	1 bay leaf
1 knuckle of veal	2 whole cloves
twice as many cups of water as number to be served	2 carrots
1 onion	1 turnip, celery

Cook down half, strain through a cloth, let harden to jelly. Thin and season when ready to serve. A slice of lemon in the cup adds to the flavor.

Blanche Garten (Kappa).

Corn Soup (Small Recipe—About Three Dishes)

Cook one-half can of cornlet (or corn) with one cup cold water for fifteen minutes. Melt heaping tablespoon butter in another pan and brown one teaspoon chopped onion in it. Add two tablespoons flour to this, season with one teaspoon salt and pinch of pepper. Add one pint milk, gradually. When this boils add cornlet. This can all be strained or part of kernels of corn left in.

Florence Schuyler Thorpe (Lambda).

Lentil Soup

Cook slowly one cup lentils and one quart boiling water until soft, and water is reduced about one-half. Rub through a strainer. Add one pint of milk and thicken with a rounded tablespoon of flour cooked in a rounded tablespoon of butter. Pepper and salt to taste.

Bertha Wilson Carter (Rho).

Macaroni Soup

Boil a knuckle of veal with two tablespoons of salt and sweet marjoram in enough water to cover the meat well. Add two small red, or twelve black peppers tied in thin muslin, three blades of mace, two large carrots, one head of celery, three onions. Boil down one-half. Strain and break into it one-fourth pound of macaroni; when the macaroni is tender add to it one-half pint of cream, thicken with two tablespoons of flour and butter size of an egg. Stir this into the soup just before serving.

Gertrude Gifford (Sigma).

Minna Soup

1 cup cooked lima beans	1 teaspoon butter
2 cups milk	salt
1 onion	pepper
2 cups white stock	chopped parsley
1 teaspoon flour	

Put the beans in the double boiler with milk. Brown the onion sliced with butter and cook to delicate brown. Add the white stock.

When thoroughly heated, press the beans through a sieve and add to stock with onion also strained. Rub the flour and butter until smooth and add sufficient soup to this to make it creamy, before adding to the soup. Return the soup to the double boiler and cook until it thickens to a purée. Season and serve.

Elizabeth Mogg (Rho Sigma).

Mushroom Soup

To two quarts of good white stock, add one can of button mushrooms (cut in two or three pieces). Make a roux of two heaping tablespoons flour and one tablespoon butter. Thicken stock with this. Add pepper and salt to taste. Serve in bouillon cups with one slice lemon in each cup.

Ina Firkins (Lambda Nu).

Noodles

1 egg
1 tablespoon of sweet milk
pinch of salt
all the flour that can be worked into it, about two cups

Roll out very thin, let dry two hours. Flour lightly and roll. Cut in thin strips. Have chicken liquor ready. Cook fifteen minutes

Blanche Garten (Kappa).

Oyster Soup

Strain liquor from one pint of oysters. Heat in separate dish. Heat quart of milk, add piece of butter and seasoning. Then add oysters to milk. Serve.

Unsigned.

Green Split Pea Soup

$\frac{1}{2}$ pint green split peas, washed in cold water, drained at once
 $\frac{1}{2}$ carrot, sliced
 $\frac{1}{2}$ onion
1 ounce salt pork or bacon cut into dice
 $\frac{1}{2}$ teaspoon celery salt

Put all together over hot fire and bring to a boil. Then cook slowly, adding water from time to time, if necessary until dissolved. Season with salt and pepper. Strain and serve.

Constance Gilman Ames (Lambda).

Tomato Bisque

Cook one quart of tomatoes until soft, with a pinch of soda; strain so that no seeds remain; set on stove, seasoning with salt, pepper, small piece of butter, and sugar; just before removing from stove, add one pint of sweet cream; serve immediately.

Helen Leslie (Omega).

Cream of Tomato or Mock Bisque Soup

1 cup tomato juice	2 tablespoons butter
1 cup milk	2 tablespoons flour
$\frac{1}{4}$ teaspoon salt	

To prepare juice, boil one cup tomatoes with one bay leaf, one slice onion, one-half teaspoon celery salt or seed, one saltspoon pepper, one saltspoon soda, strain and use as foundation for soup.

Melt butter, add flour and seasoning, then milk slowly, stirring constantly. Cook until thick. Combine with hot tomato juice by pouring the latter slowly into the sauce, while hot, stirring constantly. Serve immediately without further cooking.

Mary Gage Hall (Sigma).

Canned Tomato Soup

- 1 peck of ripe tomatoes, skinned
- 1 onion
- 1 red pepper
- 1 green pepper

Cook until tender; strain through colander, then sieve. Add four tablespoons of salt and three-fourths cup of sugar, cook well, put in jars. When using, to one pint of soup, add piece of butter, small tablespoon of flour, cook a little while slowly, then add pinch of soda and one quart of hot milk.

Henrietta Stratton Jaquette (Psi Phi).

Canned Tomato Soup

- 14 quarts ripe tomatoes sliced and cut
- 14 stalks of celery
- 14 bay leaves
- 21 cloves
- 7 medium sized onions sliced

Boil all these together and strain.

Then add

14 tablespoons butter, blended with

14 tablespoons flour

8 teaspoons of salt

16 teaspoons of sugar

4 salt spoons of paprika

Cook until as thick as desired and can in sterilized fruit cans. Will make fifteen pints. When used add a pinch of soda and a pint or more of milk to each pint of the canned soup.

Eva Hooper (Alpha Zeta).

Clear Tomato Soup

2 cups tomato juice, strained

6 cloves

1 cup soup stock

2 bay leaves

$\frac{1}{2}$ tablespoon sugar

several pepper corns

1 tablespoon corn starch

Simmer for about five minutes all ingredients, except the corn starch. Strain and return to the stove, adding the corn starch dissolved in a little water, and salt to taste. When serving add a little whipped cream to the top of each cup of soup and sprinkle a little chopped parsley on cream.

Mary Louise Longbrake (Lambda).

Vegetable Soup

For a vegetable soup use Blanche Garten's consommé recipe and add three medium sized potatoes. Omit bay leaf and cloves and chop all vegetables. Do not strain.

FISH AND OYSTERS

Cod Fish Balls

2 cups raw salt fish	1 egg, well beaten
2 pints potatoes	½ saltspoon pepper
2 teaspoons butter	more salt if needed

Wash the fish, pick in pieces and free from bones. Pare potatoes and cut in quarters. Put potatoes and fish into boiling water, and boil until potatoes are soft. Be careful not to let them boil long enough to become soggy. Drain off all the water. Mash and beat fish and potatoes, while piping hot, until very light, add the butter and pepper. When slightly cool add the egg, shape into balls, slip into a basket and fry in smoking hot lard.

Mabel M. Bryan (Sigma).

Cod Fish Balls

- 1 cup picked cod fish
- 2 heaping cups raw potatoes
- 2 hard boiled eggs, chopped fine
- 1 raw egg, well beaten

Boil potatoes and cod fish until done, drain carefully, mash and beat until creamy, add boiled chopped eggs, beaten egg, dash of pepper, beat all together, roll in flour and fry in hot lard or "Crisco."

Dorothy Dyrenforth (Sigma).

Deviled Clams

20 large clams	2 tablespoons butter
2 onions	2 tomatoes
1 egg	

Chop all ingredients. Put butter in frying pan, add chopped onion and cook ten minutes. Put in clams and tomatoes, cook about five minutes, then add egg well beaten, and as soon as the mixture thickens, remove from the fire. Season with salt and pepper. Put mixture into ramekins, cover with buttered crumbs and brown in the oven before serving.

Bertha Betts (Chi).

Crab Flake Cocktails

One-fourth cup crab meat in flakes for each cocktail. Season with one tablespoon each of sherry wine and lemon juice, three or four drops of tobasco sauce, one teaspoon of finely chopped celery, and salt to taste. Chill thoroughly, serve in cocktail glasses or green pepper cases on beds of crushed ice.

Bertha Betts (Chi).

Deviled Crabs

1 cup crab meat, picked from shells of well boiled crabs
 2 tablespoons fine bread or cracker crumbs
 yolks 2 hard boiled eggs, chopped
 juice of a lemon
 $\frac{1}{2}$ teaspoon mustard
 a little cayenne pepper and salt
 1 cup drawn butter

Mix one spoon crumbs with chopped crab meat, yolks, seasoning and butter. Fill scallop shells with mixture, sift crumbs over top, heat to light brown in quick oven.

Helen Ryals (Phi).

Deviled Crabs

1 can crab meat	1 egg, not beaten
$\frac{1}{2}$ teaspoon mustard	2 tablespoons olive oil
1 saltspoon salt	$\frac{1}{2}$ cup cream or milk

Flake crab meat slightly, and add dry and then liquid ingredients. Put bread crumbs and bits of butter on top of dish. Bake in large dish one-half hour or in shells or ramekins fifteen minutes.

Nell B. Cochran (Sigma).

Finnan Haddie

Break one and one-half pounds of the fish in large pieces and braise. If very salty soak in cold water for two hours. After braising break into small pieces. Make a cream sauce and add the following:

yolk of 1 egg	a little grated cheese
1 hard boiled egg	a little paprika
chopped parsley	

Cover the top with bread crumbs and cheese. Bake.

Ruth H. Gates (Sigma).

Fish Mousse

Five pounds of fresh halibut, skinned and boned. The skin is easily removed by pouring boiling water over the fish. Put in a chopping bowl—and with a potato masher pound to a pulp, adding salt to taste. Then add two unbeaten eggs, one at a time, and pound them into the pulp. To this mixture add one quart of whipping cream, slowly, one-fourth of a cup at a time, working it thoroughly into the fish with the masher. When thoroughly worked together put into a buttered mould and steam one hour and a half. A good sized angel food pan with a tin one-pound coffee can over the cone in the center makes a good mould, or any good sized pan with a coffee can in the center is all right. Make a white sauce and into it put two cans of broken up shrimp. When the mousse is ready to serve put on a chop platter and serve the shrimp sauce in the center of the mould of fish. Cut in slices and serve with the hot sauce. Lobster may be used in place of shrimp. This makes an excellent luncheon or supper dish and will serve twelve people easily. It is very nice the second day when it can be steamed again to re-heat it.

Lillian Smith Burwell (Lambda).

Fish and Spinach

Prepare spinach as usual. Cream any fish (codfish or halibut is good). Butter ramekins and place therein, first a layer of spinach, then a layer of creamed fish (four layers). Over top lay grated cheese. Bake until brown.

Ina Firkins (Lambda Nu).

Halibut Timbales

1 pound fresh halibut put through the meat grinder
salt, pepper, paprika
 $\frac{3}{4}$ cup warm milk thickened with flour
 $\frac{3}{4}$ cup whipped cream

Mix and put in buttered timbal shells. Stand the timbal shells in a pan of boiling water in the oven and cook for about half an hour. Serve with mushroom or pea sauce.

Katherine Esterly (Beta Sigma).

Lobster Cutlets

1 can lobster

1 pint thick cream sauce

Mix together, season with salt and pepper. When cold form into small cutlets, dip in bread crumbs and egg and fry in deep fat. Serve with sliced cucumbers. Ina Firkins (Lambda Nu).

Oyster Cocktail

1 pint oysters

5 teaspoons lemon juice

3 teaspoons horse radish

 $\frac{1}{2}$ teaspoon tobasco sauce

3 teaspoons vinegar

salt to taste

Mix and serve in tall thin glasses. This recipe will serve six people. Margaret Van Bergen (Lambda).

Oyster Croquettes

One pint oysters boiled in liquor until edges curl; then drain and when cold chop fine. Use equal parts of oyster and mashed potato. For every two cups of mixture add:

 $\frac{1}{2}$ cup bread crumbs

1 teaspoon salt

 $\frac{1}{4}$ cup cream

butter size of an egg

Beat until well mixed and mould into balls. Dip in egg and bread crumbs. Fry in deep fat in basket.

Mary Louise Longbrake (Lambda).

Oyster Roast

Put one quart oysters in pan with their own liquor. Let boil three or four minutes. Season with salt, pepper and heaping spoon of butter. Serve on buttered toast. Gayle Marshall (Theta).

Oyster Sausage

1 pint oysters, chopped fine

 $\frac{1}{4}$ pound veal, chopped fine $\frac{1}{8}$ pound suet, chopped fine

2 beaten eggs

 $\frac{1}{2}$ cup cracker or bread crumbs

Dry oysters. Mix ingredients, season with salt and pepper, shape into flat cakes and fry.

Gae Myers Seeley (Theta).

Scalloped Oysters

Take a quart of oysters. Place alternately on an old platter a layer of bread crumbs with a layer of oysters. Sprinkle each layer with butter and seasoning. Cook in a slow oven.

Margaret Benton Eichhorn (Lambda).

Scalloped Oysters

Take an earthen dish, put into it a layer of oysters, salt and pepper and bits of butter, then a layer of cracker and bread crumbs mixed, then layer of oysters, etc., until dish is full. Use bread crumbs for top. Mix one egg, well beaten, with one pint rich milk or cream, the latter is better. Pour this over the oysters and crumbs, lifting lightly in places so that the milk mixes through. Cover the dish and bake fifty-five minutes. When almost done, remove cover so the top will brown.

Lillian Smith Burwell (Lambda).

Shredded Wheat Oyster, Meat or Vegetable Patties

Cut oblong cavity in top of biscuit, remove top carefully and all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill the shell with drained, picked, and washed oysters. Season with additional salt and pepper. Replace top of biscuit over oysters, then bits of butter on top. Place in a covered pan and bake in a moderate oven. Pour oyster liquor or cream sauce over it. Shell fish, vegetables, or meats may also be used.

Baked Oysters

Butter a shallow platter and cover with a layer of fresh bread crumbs which have been mixed with $\frac{1}{2}$ teaspoon baking powder, add salt and pepper to taste. On the layer of bread crumbs put a layer of select oysters, season and cover with another layer of bread crumbs.

Melt a scant half pound of butter and pour the melted butter over the top of the bread crumbs. Put in the oven and bake until bread crumbs are crisp and brown. This recipe takes one quart of oysters.

Unsigned.

Creamed Salmon

3 tablespoons butter $\frac{1}{2}$ tablespoon flour

Add slowly one-fourth cup milk and stir. Mix one can salmon and one-half can peas, pour on the butter, flour and milk, stir together well. Cook slowly until it is heated through. Remove from stove, add whole egg (beaten) and cook for a few minutes.

Persis Dewey (Iota).

Salmon Loaf

1 can salmon, remove bones and skin

salt to taste

$\frac{1}{2}$ cup ground crackers

2 eggs (yolks)

cream to moisten

1 teaspoon melted butter

Mold on buttered pie tin. Bake twenty to twenty-five minutes.

Anne Wright (Kappa).

Salmon Loaf

1 can salmon, picked fine 3 eggs

1 tablespoon butter $\frac{1}{2}$ cup cracker crumbs

Put in loaf or in baking powder can and steam one-half hour.

Edna Kendall Crawford (Sigma).

Steamed Salmon Loaf

To a pound can of salmon add 2 tablespoons butter

$\frac{1}{2}$ cup fine bread crumbs

1 egg beaten

pinch salt

Mix well, put in greased pan and steam twenty-five minutes. Cover well with waxed paper.

Anne Puffer Taylor (Lambda Nu).

Scalloped Salmon

Make a dressing of one-half pint milk, one tablespoon flour, wet in a little cold milk and then added to the half pint. Heat this and then add small piece of butter and a little salt; let cook, and

and when cool, add one beaten egg. Put dressing in bottom of dish, then put in one pound can of salmon, sprinkle over a bit of cayenne, then pour over the rest of the dressing and sprinkle with bread crumbs. Bake about one-half hour. Lois Brown (Rho).

Salmon Timbales

1 can salmon	1 pint cream
$\frac{1}{2}$ teaspoon salt and pepper	chopped almonds
whites of 3 eggs	

Rub salmon until smooth and fine, then add seasoning and eggs beaten, cream; put in buttered timbale moulds, cook twenty minutes. Serve with Hollandaise sauce. Helen A. Sawyer (Kappa).

Creamed Sardines

Drain from oil one good sized box of sardines, remove bones from fish, then wash. Melt one-fourth cup butter, add one-fourth cup stale bread crumbs and one cup cream or milk. When thoroughly heated, add two hard boiled eggs, finely chopped, the sardines, salt and pepper and paprika to taste. Serve on toast.

Edna L. Keyes (Gamma).

Sardine Loaf

14 hard boiled eggs	1 can of sardines
---------------------	-------------------

Chop eggs while warm and add the minced sardines. Season with salt and pepper and add the oil from the sardines. Pack in dish and serve cold with salad dressing on lettuce.

Helen Loman (Xi).

Creamed Shrimp

2 cans shrimp or 1 pint fresh shrimp	
$1\frac{1}{2}$ cups cream	1 tablespoon Worcestershire Sauce
1 tablespoon butter	juice one lemon
1 tablespoon flour	salt
1 cup boiled rice	cayenne
1 tablespoon catsup	

Serve on toast.

Margaret Lovejoy (Beta).

Tuna Fish Chowder or "Goulash"

1 cup flaked tuna fish
1 cup chopped raw potato
1 cup chopped raw carrot
chopped cabbage or onion or celery as desired
seasoning

Boil all together until they are tender, then thin with cream or milk. If the latter is used, diced bacon or salt pork may be fried and combined with the vegetables before boiling. Other fish or chopped ham may be substituted for the Tuna and the consistency of the chowder may be as a soup or as a "goulash."

Harriet Moore Pier (Lambda).

Fish Turbot

Take a white fish which has been steamed until tender, or a can of salmon. Remove bones; sprinkle with pepper and salt. Heat one pint of milk and thicken with one-fourth pound of flour. When cool add two eggs, one-fourth pound of butter and season with a little onion and parsley. Add the fish and put the whole into a baking dish, cover with bread crumbs and bake one-half hour. This is very nice baked in individual dishes or in shells.

Alice Bean Fraser (Lambda).

Baked White Fish (or Trout)

Split fish and remove back bone with sharp knife. Lay fish flat in baking dish, sprinkle with salt and pepper, spread lightly with one-half cupful of soft bread crumbs moistened in milk, over this spread butter rather generously. Bake in quick oven about twenty-five minutes. Serve with Hollandaise sauce.

Ina Firkins (Lambda Nu).

MEATS

Beef

Beef Loaf

2 pounds chopped beef
2 pounds pork chops
1 cup milk
1 cup bread crumbs
1 teaspoon scraped onion
1 egg
butter size of an egg
juice of 1 lemon
salt, pepper and nutmeg to taste

Bake an hour and serve hot in its own gravy.

Lena Mott (Xi).

Beef Loaf

3 pounds round steak }
 $\frac{1}{2}$ pound pickle pork } ground
 $\frac{1}{2}$ cup bread crumbs
 $\frac{1}{2}$ cup milk
2 eggs
salt and pepper

Set in pan of hot water in oven for three hours.

Grace Connors Nelson (Lambda).

Hamburg Loaf

2 pounds Hamburg steak
1 cup cracker crumbs
1 egg
2 teaspoons powdered sage leaves
salt and pepper to taste

Add enough water to make loaf firm. Put into baking dish, surround with enough water to prevent the meat from sticking and bake about three-fourths of an hour. Serve with baked potatoes and thick gravy, made after the meat is taken from the baking dish.

Pauline Brewster Wells (Rho Sigma).

Filipino Beef

Put through a meat grinder

1½ pounds round steak

½ pound lean pork

1 onion

1 green pepper without seeds

add salt and pepper

1 cup soft sifted bread crumbs

1 egg

Mix well and shape into a roll. Put into agate pan, add one quart strained tomatoes, and put two slices of bacon over meat. Cook about fifty minutes, basting frequently. Cook parboiled potatoes with meat and serve with brown tomato sauce.

Unsigned.

Beef Steak Dressing

½ saltspoon pepper

1 teaspoon lemon juice

1 tablespoon parsley, cut fine

¼ cup butter

½ teaspoon salt

Stir all together and spread on broiled steak just before serving.

Harriet Van Bergen Deering (Lambda).

Mock Birds

1½ pounds round steak

¼ pound sliced bacon

Cut steak into strips four inches long. Place a bit of bacon inside of each piece of steak, roll and fasten with toothpicks. Brown a few minutes in a kettle then add hot water enough to barely cover. Salt and pepper to taste and let simmer until tender (about one hour). Serve with gravy made from the meat juices.

Mary Gage Hall (Sigma).

Round Steak and Bacon

Grind three pounds of round steak, and salt to taste. Take a good half pound of sliced bacon and cut in half inch pieces, cook in a frying pan, stirring to keep from getting too well done. When the bacon is nearly done put the round steak into the frying pan and partially cook. Keep stirring until the red of the steak is gone. Have ready a package of cooked spaghetti and one can of tomatoes

which have been cooked down fairly thick and seasoned with salt, pepper, butter and sugar. To the meat mixture add the cooked spaghetti and tomatoes and put into a good sized casserole and bake until steak is done.

By taking from the oven when hot and putting in a market basket thickly lined with newspaper and covered with several layers of papers this dish will keep hot for several hours and makes a very hearty supper dish for picnics.

Lillian Smith Burwell (Lambda).

Steak en Casserole

One and one-half pounds steak cut into pieces for serving. Add salt, pepper, and roll it in flour. Lay the pieces in an earthen baking dish. Sprinkle lightly with flour between the layers. Add two large onions, peeled and sliced, distributing it evenly over the layers. Cover with cold water and bake two hours, keeping the dish covered tightly. This is a delicious dish, the meat is tender, well flavored, and the gravy of the right consistency to serve at once.

Norma Rosholt Cammack (Lambda).

Rolled Flank Steak

Score the steak, dust with pepper and salt, cover with one-half cup bread crumbs, a little minced parsley and chopped onion, then roll the steak, like a jelly roll, tie and bake an hour, or until tender in a moderate oven. Water or soup stock should be put in the pan basting with it occasionally.

Marguerite Stanley Corl (Xi).

Russian Steak

2½ pounds round steak, cut 1½ inches thick

1 large onion

1 tablespoon butter

1 pint can tomatoes

1 tablespoon lard

1 can mushrooms

salt and pepper

flour

Pound as much flour as possible into the steak. Sear over in hot lard and butter. Place in roaster and spread over with onion, previously sliced into the fat and browned. Heat the tomatoes in

the same frying pan, stirring in one tablespoon flour. Pour over the steak and onions. Finally, heat the mushrooms and place over the top. Cover and roast one and one-half hours.

Leona Bean (Zeta).

Spanish Steak

Take a flank steak, scored, pound flour into it. Sear it on both sides in heavy frying pan. Place in roaster. Make a water gravy in pan and pour over steak. Slice two large onions over steak. Cover with chili sauce. Bake in covered roaster for one hour in slow oven.

Gail H. Luther (Lambda Nu).

Swiss Steak

Three-quarters inch thick round steak. Pound in as much flour as possible. Sear meat on both sides in fat. Cover meat with water. Salt to taste and stew slowly until done.

Luella Cordier (Theta).

Tamale Pie

2 cups corn meal
6 cups water
1 tablespoon fat
1 onion
2 cups tomatoes
1 pound hamburger steak

Make a mush by stirring the corn meal and one and one-half teaspoons salt into the boiling water. Cook forty-five minutes. Brown onions in fat, add hamburger and stir until red color disappears. Add salt, pepper and tomato. A sweet pepper is an addition. Grease baking dish and put in layer of corn meal mush, add seasoned meat, and cover with mush. Bake one-half hour. Serves six.

Unsigned.

Stuffed Cabbage

Select very firm medium sized cabbage. Remove outer leaves. From top cut a lid about four inches in diameter. Remove inside of

cabbage, leaving rim about one and one-half inches thick. Rub inside with salt and pepper.

To one and one-half pounds Hamburger steak, add

$\frac{1}{2}$ pound chopped pork

$1\frac{1}{2}$ cups cream sauce

1 egg

$\frac{1}{2}$ cup bread crumbs

1 onion chopped and fried in butter

1 celery stalk, chopped (or 1 teaspoon celery seed)

$\frac{1}{2}$ teaspoon sweet marjoram

$\frac{1}{2}$ bay leaf

salt and pepper

Mix all together and fill cabbage. Replace the lid. Tie in clean cloth. Boil in mutton broth or any meat stock for two hours. If you have no stock, add vegetables, seasoning and meat scraps to water and boil cabbage in this. Serve with spoonful of melted butter over every serving.

Ina Firkins (Lambda Nu).

Chicken

Chicken Croquettes

Rub together two tablespoons butter and two tablespoons flour. Melt in double boiler and add one cup milk or cream, a little chopped parsley, salt, pepper and red pepper to taste, grated rind of one lemon, a little grated onion and dash of nutmeg. Add one pint minced chicken. Set on ice to cool. Mould and set on ice again. Roll in egg and cracker crumbs. Fry in deep fat.

Adelaide Thompson Blodgett (Lambda).

Chicken and Mushroom Croquettes

$1\frac{1}{3}$ cups cold cooked chicken

few drops onion juice

$\frac{2}{3}$ cups chopped mushrooms

1 teaspoon finely chopped

$\frac{1}{2}$ teaspoon salt

parsley

$\frac{1}{4}$ teaspoon celery salt

1 cup thick white sauce

1 teaspoon lemon juice

few grains cayenne

Mix ingredients in order given, chill, shape, dip in beaten egg, then in crumbs, and fry in deep fat until golden brown. Drain on soft paper. Arrange peas around and serve.

For the white sauce, use three tablespoons flour to one cup milk.

Bertha Betts (Chi).

Chicken Gumbo

1 large fat chicken, cut in pieces	1 large onion
1 can of okra	$\frac{1}{2}$ clove of garlic or
$\frac{1}{2}$ can tomatoes	$\frac{1}{2}$ green pepper mixed
2 tablespoons lard	a little parsley and thyme
2 tablespoons flour	2 bay leaves

Fry the chicken in the lard, then add flour, onion, garlic and other ingredients, let stew for fifteen minutes. Add two quarts of hot water and simmer two or three hours until chicken is tender. Add salt to taste. Veal, cut in small pieces, may be added in place of chicken. Serve with boiled rice.

Mary Lobb (Omega).

Jugged Chicken

Cut chicken up at joints. To each pound of meat take two heaping teaspoons flour, one scant teaspoon salt and one-fourth teaspoon pepper. Roll chicken in this and pack compactly in stone jar. Cover with boiling water and bake three hours in slow oven.

Ethel Elliott Swan (Tau).

Chicken or Salmon Mousse

Put raw breast of chicken or salmon meat into chopping bowl. Pound fine with wooden potato masher. Add four unbeaten eggs, one at a time and pound into the meat; season with salt.

Add one pint double cream, a little at a time, whipping thoroughly after each addition of the cream. Pour into well greased uncovered mould and set in pan of boiling water. Cook one hour.

Maud Stedman Curtis (Omega).

Sauce for Chicken or Salmon Mousse

Cook remnants in a little water to a very thick stock. Blend in butter and flour to a gravy. Add two lightly beaten egg yolks and put in a double boiler. Stir and cook slowly until smooth and creamy.

Maude Stedman Curtis (Omega).

Chicken Pie Crust

2 $\frac{1}{4}$ cups flour in bowl
2 teaspoons baking powder
1 teaspoon salt
2 tablespoons butter—rubbed thoroughly into flour
break egg, beat it thoroughly
add 1 cup milk to egg
then add flour and spread over chicken.

This is for very large chicken pie.

Grace Conners Nelson (Lambda Nu).

Pressed Chicken

1 medium sized chicken	1 tablespoon Knox's gelatine
2 stalks celery	2 hard boiled eggs
$\frac{1}{2}$ bunch parsley	salt to taste

Cut the chicken in pieces as for a fricassee and boil in salted water with celery, parsley and a small onion, if desired. When tender, remove the meat from the bones and chop medium fine. Boil broth down to a pint, add gelatine and strain.

Dip an oblong tin into cold water, cover the bottom with the hard boiled eggs cut in rings. When the stock is nearly cold pour a little over the eggs. Put in the chicken and the remainder of the stock. When perfectly cold cut in slices or serve the mould whole.

Florence Carpenter Smith (Sigma).

Baked Chicken

Take a young chicken, cut up as for frying. Place in a baking dish. Add one-half cup of flour and one-fourth cup of butter. Dredge the flour over all the pieces of chicken, also put bits of butter throughout the pan of chicken and add one pint of water. Salt and pepper to taste. Cover tightly. Bake one hour or until chicken is tender. Turn the pieces of chicken once during the baking.

Unsigned.

Smothered Chicken

Place a tender young chicken, which has been split down the back and spread open, in a spider. Add one cup water, salt, pepper and butter. Spread two strips of bacon over the chicken, cover and let simmer on back of stove until tender. Uncover and, basting frequently, brown in oven.

Alice Scott Ellis (Xi).

Chicken Southern Style

Cut up the chicken as for frying. Dip in beaten egg, season with salt and pepper, then roll in cracker crumbs. Place in buttered baking dish and half cover with milk. Put bits of butter over the chicken and cover tightly. Bake until tender (from two to three hours). The last one-half hour remove the cover and let the chicken brown.

Hortense K. MacDonald (Sigma).

Chicken à la Rome

Take tender spring chickens, cut each into four nice pieces (whole legs, and each wing with half of breast attached). Put backs and necks on the stove in a pan of water to cook slowly. If the chickens are not very tender, parboil the legs and breasts in this water for a little while, then take out, dry, and roll twice in egg and cracker crumbs, sprinkle with a little pepper and generously with bits of butter and put into a self-basting roaster. Put a slice or two of bacon on the chicken and put into a hot oven. Now make a rich cream sauce, using the broth, in which the necks and backs are cooking, to thin to proper consistency, seasoning well with salt and pepper.

When chicken begins to brown turn down the oven so that it will finish cooking in a moderate oven. When chicken is done, sprinkle lightly with salt and pour over it the rich cream sauce, allowing the chicken to "mellow" for fifteen minutes to a half hour. Mushrooms may be added to the sauce. This chicken is fine for picnics. It may be put in a hot deep covered granite pan, wrapped in newspapers and a blanket and it will keep hot a long time.

Ruth Scott Dancer (Xi).

Ham

Baked Ham

Soak a medium sized ham in water twenty-four hours, changing the water several times. Wipe it dry and cover the flesh side of ham with a thick paste of flour and water. Bake twenty-five minutes for every pound, basting often with sherry wine until one-half pint has been used, then baste with drippings in the pan. When done, peel off the skin and carefully remove the crust. Serve with champagne sauce.

Adelaide Thompson Blodgett (Lambda).

Baked Ham

Use a slice of ham, an inch thick, center cut preferred. Cover with a teaspoon of flour and sugar. Slice two medium size tomatoes, seasoned with a little salt, pepper and sugar, and put over the ham. Place this in a pan in which is a good sized piece of butter and a little hot water. Bake three-fourths of an hour.

Carrie D. Reed (Kappa).

Baked Ham

Buy a middle cut of ham, one or one and one-half inches thick, also extra piece of ham fat. Dice fat. Rub both sides of ham thoroughly with mustard. Put part of fat in baking pan, lay ham on top, cover about an inch thick with brown sugar. Scatter rest of fat on top. Nearly cover the meat with water. Bake in covered pan in moderate oven about forty minutes, basting several times.

Mary Louise Longbrake (Lambda).

Baked Ham

Cover slice of ham one inch thick with cold water and let come to boil. Drain and cover each side with a thin coating of prepared mustard. Cover with milk and bake slowly until milk is absorbed.

Edith C. Smyth (Gamma).

Ham Baked in Milk

One thick slice of ham or one half ham. Parboil one hour. If a whole ham boil two hours. Cover with milk. Slice raw potatoes over top. Bake three quarters or one hour.

Grace Connors Nelson (Lambda).

Ham Italian Style

Have cut from the center of a ham at least two pounds. Cover one side of ham thick with brown sugar and place in a baker. Sprinkle well with ground cloves. Place on top thick slices of two onions, previously browned in two tablespoons butter. Add boiling water, not quite covering the ham. Cover the baker and cook very slowly, forty-five minutes to the pound. When ham is done the water should have boiled away. Add to drippings three tablespoons flour, mixing smooth. Stir in three-fourths pint milk. Serve with boiled potatoes.

Martha Dever Moulton (Lambda).

Ham Loaf

2 pounds lean pork chopped	2 tablespoons bread crumbs
1 pound lean ham	1 cup milk
2 eggs	pepper or paprika to taste

Shape in a loaf in pan, cover with one-half cup bread crumbs and one cup tomato juice, basting frequently with the tomato juice. Set in pan of hot water. Bake three hours in a slow oven. Can be served hot with gravy made from residue in pan, or is very nice cold. This recipe makes enough to serve eight or ten people, and then there would probably be enough left to slice cold.

Spiced Ham

Buy half of a Swift's Premium Ham. Soak over night, change water and soak until noon. Boil, allowing twenty minutes to pound, until tender. Change water once. In second water put in enough to half cover and add one cup of sherry or cider. Skin and make a paste of brown sugar and cider. Cover fat with whole cloves inserted about an inch apart over the paste. Bake half to three quarters of an hour. Serve hot as a roast.

Grace Tennant Adams (Lambda).

Ham and Veal Loaf

1½ pounds ham	4 soda crackers
2 pounds veal	3 eggs
salt and pepper to taste	

Steam three hours. Have meat chopped fine, beat eggs and mix thoroughly. Slice cold or serve hot.

Ethel S. Hamilton (Chi).

Ham in Milk

Place two slices of ham, cut about one-half inch thick, in a pan. Pour over this a quart of milk, quarter potatoes and place them around and on top of the ham.

Cook until potatoes are browned and ham is tender.

Lamb

Lamb Curry

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon curry powder
$\frac{1}{2}$ teaspoon onion juice	$\frac{1}{2}$ cup milk
1 pint lamb cut in dice	salt and pepper

Brown together in hot pan the butter, pepper and salt. Stir in lamb and curry powder, add milk. Serve with boiled rice.

Elsie Manville (Rho Sigma).

Leg of Lamb

Rub a leg of lamb with salt and pepper, and place in a baker with a little boiling water, and two or three pieces of ginger root in the pan, not touching the meat. Bake quickly for about three-fourths of an hour, basting twice in that time with butter melted in a little hot water. Then mix a little flour with thick sweet cream into a paste, and spread a little of it over the meat, repeating this every fifteen minutes till the lamb is done. The paste of cream and flour will drip off into the pan and brown, and will make the gravy with no further attention. A pint of cream will do, with about two tablespoons of flour, but more will be needed to make a generous amount of gravy. Allow fifteen minutes to the pound and fifteen minutes over for the total time of baking.

Bernice H. Irwin (Lambda).

Lamb Chops à la Sabine

Gash lengthwise, nearly to the bone, six French chops and stuff with the following:

- 6 tablespoons soft bread crumbs
- $2\frac{1}{2}$ tablespoons chopped cooked ham
- $2\frac{1}{2}$ tablespoons chopped mushrooms
- 2 tablespoons melted butter

Add salt and cayenne to taste. Dip in crumbs, then in egg and then again in crumbs and fry in deep fat four minutes. Serve with Madeira sauce poured around the chops.

Herberta Fonda (Kappa).

Russian Lamb

1 leg of lamb (fat)

3 green peppers

6 ripe tomatoes

4 medium sized onions

Chop tomatoes, peppers and onions together until fine. Spread over the roast after it has been in oven three-fourths of an hour. Let roast until done, basting frequently. This is also good with beef loaf.

Frances A. Hale (Sigma).

Pork

Casseroled Pork Chops

Barely cover the bottom of a casserole with water.

Put in layer of chops.

Cover with layer of sliced apples and buttered bread crumbs. Repeat until all the chops have been used.

Bake in moderate oven one hour, basting every fifteen minutes with one tablespoon of milk.

Margaret Benton Eichhorn (Lambda Nu).

Pork Tenderloin

Fry salt pork until crisp and brown. Take out and fry slices of pork tenderloin until brown. Put in casserole and cover with milk thickened with browned flour. Bake forty-five minutes.

Maude Stedman Curtis (Omega).

Pork Tenderloin

Take whole tenderloins, slit them down the middle, put in slice of bacon and two or three slices of onion. Tie them together. Bake one hour. Make gravy to serve with them. Each tenderloin weighs about one half pound and will not serve more than two people.

Link sausage may be used in the place of bacon.

Grace Connors Nelson (Lambda Nu).

Roast Pork Tenderloin

Make a dressing of

bread crumbs

sour apples, diced

raisins

a little cinnamon

melted butter

salt and pepper to taste

Spread on the meat, roll and tie, roast in a hot oven, allowing about fifteen minutes to a pound of meat. Serve with currant or other tart jelly.

Ethel Elliott Swan (Tau).

Pork and Ham Loaf

2 pounds fresh pork

1 pound ham

½ cup milk

1 cup ground dry bread crumbs

1 can Campbell's tomato soup

1 egg

seasoning

Grind ham and pork together, add bread crumbs, milk, beaten egg, seasoning, and shape into a loaf.

Pour over the loaf 1 can of tomato soup and the same amount of water. Bake in a moderate oven one and one-half hours.

Margaret Benton Eichhorn (Lambda).

Rabbit

Jugged Rabbit

Have the rabbit skinned by the butcher. Draw it and wash quickly. Cut into pieces and roll each piece in flour. Heat half a cupful of butter in a frying pan and put the meat in, to brown well on all sides. Remove the meat to a stew pan. Put into the fat in the frying pan two tablespoons of flour. Stir until brown. Add three cups of water. Cook ten minutes and pour this gravy over the meat in the stew pan.

Add salt, pepper, a little spice and small onion, uncut. Cover closely. Simmer until tender, about one and one-half hours. Then add

1 tablespoon lemon juice

1 tablespoon mushroom ketchup

6 tablespoons sherry (may be omitted, but adds to flavor.)

Serve with boiled rice.

Helen Adams (Rho).

Sweetbreads

Sweetbreads with Bacon

Plunge sweetbreads into cold water, let stand one hour, drain, and put into acidulated, salted boiling water. Cook slowly twenty minutes. Again drain and plunge into cold water. Remove tough outside skin. Take pieces as big as a croquette or veal bird. Wrap around with thin slice of bacon, fastening with toothpick. Bake in the oven until bacon is nicely browned, turning frequently. Remove toothpicks and serve at once.

Alice B. Fraser (Lambda Nu).

Sweetbread Cremosettes

1 pound sweetbreads, blanch and cook 20 minutes
1½ pints cream sauce
1 slice bacon, fried
salt and pepper to taste

Break the sweetbreads into the small segments and remove the tissue. Mix with the cream sauce and chopped bacon. When cold form into small chops, dip in bread crumbs and egg and fry in deep lard. Serve with mushroom sauce.

Ina Firkins (Lambda Nu).

Sweetbread and Mushroom Cremosettes

Same as above, except that instead of mushroom sauce, mix one can of mushrooms with one half pound of sweetbreads.

Ina Firkins (Lambda Nu).

Tongue

Tongue with Mushrooms

Boil fresh beef tongue from three to four hours. Let cool and skim off fat. Before serving put on stove and heat through in same liquor. Put into liquor one-half pint port wine, a cup of green olives cut fine and a small can of mushrooms. Serve on plate with liquor around it.

Ethel M. Tukey (Kappa).

Tongue with Tomato Sauce

Boil tongue until tender. Skin and return to kettle. Add one-half cup stock and one can tomatoes. Cook slowly until tomatoes are done. Thicken with flour and add two tablespoonfuls onion juice. Put on platter, cover with the sauce. Garnish with parsley.

Gayle Marshall (Theta).

Turkey

Turkey Loaf

Take two cups cold turkey meat, or turkey and dressing, and one cup celery. If gravy is left bring one cup to a boil and add one tablespoonful Knox's gelatine previously dissolved in cold water. If there is no gravy, use stock instead. Mix well with meat and celery, season to taste. If there is not enough liquid to moisten well, add a little hot water. Put into an oblong tin to harden. Serve cold. Boiled French chestnuts, chopped green pepper or pimientos, add to the flavor.

Mary Louise Longbrake (Lambda).

Veal

Baked Veal Steak

Have the meat cut an inch thick. Remove bone and gristle. Pound with a meat pounder until the meat is almost in shreds, then pat the flattened pieces into shape, salt, roll in egg and flour, and brown them in butter. Cover with water, set the frying pan in the oven and bake for an hour, adding water from time to time as it becomes necessary.

Marguerite Stanley Corl (Xi).

Veal Birds

Take a veal steak, cut into four inch squares and sprinkle with salt. Chop parsley and mix with butter. Put some in each square, pin with a toothpick, brown in butter, add a little water or stock and cook slowly until tender.

Mary Bassett Bray (Lambda).

Veal in Cream

Cut veal steak into individual portions and brown in butter in a frying pan, sprinkle liberally with salt and pepper, and then pour over it thick sweet cream. A pint of cream will be enough meat for six persons. Cover the pan and let simmer on the back of the range. If it cooks rapidly the cream will curdle.

Bernice H. Irwin (Lambda).

Cream of Veal

3 pounds boneless veal, cooked thoroughly and cut up into dice

1 can of mushrooms, diced

Make a white sauce of

5 tablespoons of butter

4 rounding tablespoons of flour

1 pint cream

1 quart milk

Season and add the juice of the mushrooms. Add all to the veal and mushrooms, put in buttered baking dish. Cover with crumbs and bake until light brown.

Katherine H. Johnson (Lambda).

Veal Croquettes

2 cups chopped veal, cooked

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon celery salt

1 saltspoon pepper

$\frac{1}{4}$ saltspoon cayenne pepper (or 1 teaspoon curry powder)

1 teaspoon lemon juice

Mix with cream sauce prepared as follows:

1 pint hot cream

2 even tablespoons butter

4 heaping tablespoons flour

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon celery salt

trifle cayenne or curry

The sauce should be very thick. Add the chopped veal and cool. Shape into croquettes.

Before frying, beat two eggs, add two tablespoons milk and one teaspoon salt.

Roll croquettes in fine bread or cracker crumbs, then in egg, then in crumbs again. Fry in hot fat.

These can be made and fried in the morning. At tea time put in dripping pan and just heat through. This a good way to use up left over meat.

Julia Louise Mills (Lambda Nu).

Curry of Veal

One and one-half pounds lean veal, cut into inch dice and stewed until very tender, in enough water to leave nearly a pint of stock when done. Add salt and pepper. Put a tablespoon of butter in a frying pan and when hot add one large Spanish onion, sliced thin, and two tart apples, cored and pared. Cook until brown, add the stock, thicken, add the meat and juice of a lemon and curry powder to taste. Serve with rice.

Clara King Allen (Lambda).

Veal Loaf

2 pounds lean veal, chopped fine
 $\frac{1}{4}$ pound salt pork, chopped fine
 2 cups buttered crackers, rolled
 2 eggs, well beaten
 2 teaspoons salt
 1 teaspoon pepper
 $\frac{1}{2}$ teaspoon mace or nutmeg

Mould into a loaf. Bake two hours, basting with hot water.

Gayle Marshall (Theta.)

Veal Loaf

3 pounds veal, ground $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ pound pickle pork, ground 2 eggs
 $\frac{1}{2}$ cup bread crumbs salt and pepper

Bake in oven for three hours. Set in pan of hot water while baking.

Unsigned.

Steamed Veal Steak

Dip veal steak in beaten egg and bread crumbs. Brown in a spider. Put in a steamer and steam for two or three hours.

Brown mushrooms in butter and make a gravy using some of the juice from the meat. Pour the gravy over the meat and serve.

Unsigned.

Meat Combinations

Swedish Meat Balls

2 pounds beef, }
 1½ pounds pork } put through meat grinder twice
 1 egg
 2 cups dried bread crumbs
 salt and pepper
 onion juice, very little, if desired

Work all together ten minutes, putting in little soup stock as you work it. Let stand one-half hour. Mix well again, make into small balls, brown in butter, and then add little water or soup stock and simmer about one-half hour.

Mary Bassett Bray (Lambda).

Chili Con Carni

Grind two pounds round steak and put in kettle with small lump of suet and cup of water. Add can of kidney beans or two cups of Mexican beans partially cooked. Season with salt, sugar and red pepper or chili pepper and after cooking half an hour add cup of cooked tomatoes. Cook until all are thoroughly mingled and remove suet.

Mrs. F. E. McCleary (Xi Zeta).

American Chop Suey

1½ pounds round steak 1 large bunch celery
 2 medium sized onions seasoning and thickening

Cut the steak into pieces about a finger in length and an inch wide, add onions and seasoning and stew for two hours. Add the celery cut into bits and cook for twenty minutes more. Thicken with flour and serve inside a ring of boiled rice, garnished with parsley.

Harriet Moore Pier (Lambda Nu).

Croquettes

Two cups ground meat mixed with sauce made of two tablespoons butter, four tablespoons flour, one-half cup stock or water, three-fourths cup cream or milk, salt and paprika to taste. Cook sauce thick and add meat. Then add about one tablespoon onion juice, grating of lemon, one teaspoon minced parsley, grating of nutmeg, and one tablespoon catsup. All the flavoring may be added to taste. Spread on platter in a flat loaf shaped cake and let cool. When thoroughly cold, cut in equal sized pieces, roll on a paper into desired shape, dip in slightly beaten white of egg to which a little water has been added, and then into sifted bread crumbs. Roll into shape again if necessary and place where cold until ready to fry. Have fat hot and fry about three minutes in French fryer.

Florence McGuire (Xi).

Mock Chicken Croquettes

1½ cups cold chopped pork or veal, or both; or one may use chicken	½ teaspoon onion juice
1 tablespoon butter	½ teaspoon salt
½ tablespoon flour	¼ teaspoon pepper
½ cup milk or stock	½ tablespoon lemon juice
dash of nutmeg	1 egg

Cook the flour in the butter, add the milk gradually, then the seasoning and meat. Remove from the fire, add the egg well beaten, mix and cool. Form into croquettes, dip into beaten egg, roll in crumbs and fry in deep fat.

Mary Bassett Bray (Lambda Nu).

Hungarian Goulash

Butter an earthen baking dish, put in a layer of round steak cut into inch squares, salt and pepper and bits of butter. Prepare two or three potatoes and carrots (depends on size) and slice raw in layers on the meat, seasoning each layer. Add left over cooked rice, canned or fresh tomatoes. Celery cut in small pieces adds to the flavor. A little onion may be added if so desired. You can vary your vegetables according to your larder but tomatoes are essential. When the dish is well filled, cover with cold water and bake for two

hours in a slow oven. Liquid left after baking can be thickened by stirring in a tablespoon of flour, worked smooth in cold water. Cook gravy over a low fire for a minute or two.

Lillian Smith Burwell (Lambda Nu).

Hungarian Goulash

3 pounds veal, cut into two-inch cubes	
3 large potatoes, diced	2 cloves of garlic
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon paprika
1 teaspoon salt	1 cup cream
1 cup butter or drippings	$\frac{1}{2}$ teaspoon black pepper

Put the butter or drippings into a kettle on the range and when hot add the veal. Cook until brown. Add the water, cover closely and cook very slowly. When meat has been cooking about three-fourths of an hour, mash the two cloves of garlic to a smooth paste with part of the salt and add it to the meat. When the meat is tender, add the rest of the salt and the paprika and place potatoes on top of the meat. Cover and cook until the potatoes are tender, but not falling to pieces. Add the cream and cook five minutes longer.

Florence Dyer Kahn (Chi Sigma).

Cabbage Meat Loaf

4 pounds beef	2 eggs
2 pounds pork, put through meat grinder	1 tablespoon corn starch
2 cups boiled rice	$\frac{1}{2}$ cup bread crumbs
	salt and pepper

Work all together, at least ten minutes. Let stand fifteen minutes to swell. Make into balls and wrap in cabbage leaves which have been scalded. Brown slowly in butter. Then add a little water or soup stock and let simmer about one hour.

Mary Bassett Bray (Lambda).

Meat Soufflé

1 cup white sauce	heat and add 2 beaten egg
1 cup chopped meat	yolks

Cook one minute, cool, then stir in two beaten egg whites.

Bake in buttered dish twenty minutes in moderate oven. Serve with tomato sauce.

Adelaide Moys Washburn (Phi and Chi Sigma).

Vienna Stew

Cut into dice 1½ pounds raw shoulder steak or roast

Sprinkle over it 1 teaspoon salt

1 tablespoon vinegar

Let stand 1 hour

Place one small onion cut fine in a granite kettle. Pour over it the meat. Cover very tightly, using no water (about three quarters of an hour over slow flame). Boil down until it fries a little. Then add one cup cream (slightly sour will do as well as fresh). Season with one teaspoon caraway seed, salt and pepper, and marjoram. Serve with parsley. Marjorie Preston Stevens (Lambda Nu).

Mock Terrapin

Use cold veal, chicken or turkey, light or dark.

Take 2 cups cold cooked meat, diced

2 hard boiled eggs, diced

juice 1 lemon

1 small onion grated

Mix all these (this part can be prepared several hours before needed).

Heat up at meal time in the following sauce:

1 tablespoon butter

1 tablespoon flour

Stir together, add one cup cream and one cup milk, salt, pepper and one big teaspoonful of chopped parsley.

Boil until smooth and creamy. Add meat mixture and cook until well heated. Serve on small squares of toast, or for formal luncheon, in pattie shells.

Marjorie Preston Stevens (Lambda Nu).

Meat Sauces

Cold Meat Sauce

4 tablespoons tarragon vinegar

4 tablespoons catsup

2 heaping tablespoons currant jelly

Let the ingredients come to a boil, then add a few sprigs of mint, if desired, and serve warm. Alice Christopher Browne (Sigma).

Madeira Sauce

3 tablespoons butter	1 cup milk
3 tablespoons flour	$\frac{1}{2}$ cup heavy cream
2 tablespoons Madeira sauce	2 chopped truffles
salt and pepper to taste	

Melt the butter, add the flour and stir until well blended, then pour on gradually while stirring the milk and cream. Bring to boiling point, add truffles and wine.

Herberta Fonda (Kappa).

Mushroom Sauce

1 pint soup stock (white preferred)
1 can mushrooms

Thicken with roux of one-half cup flour and two tablespoons butter. Season with salt and pepper.

Ina Firkins (Lambda Nu).

Sauce for Salmon Loaf

1 tablespoon butter	chopped onion
2 tablespoons flour	

Cook until light brown, add one pint milk, juice one-half lemon, salt and pepper.

Anne Wright (Kappa).

Tartare Sauce

To one-half pint mayonnaise, add one cup of chopped olives and capers. Or use any chopped mixed sour pickle instead of the olives and capers.

Ina Firkins (Lambda Nu).

Tomato Sauce for Meats or Steamed Rice

1 cup tomatoes	2 tablespoons butter
2 tablespoons flour	$\frac{1}{2}$ slice onion
salt and pepper	$\frac{1}{2}$ bay leaf

Stew tomatoes, bay leaf and onion three minutes. Strain into a bowl. Then proceed as in white sauce, using tomato as moisture and serving it hot.

Elizabeth Mogg (Rho Sigma).

Tomato Sauce

Boil together two cups tomatoes, one cup water, one apple quartered, six cloves, six pepper corns, one bay leaf, one-half teaspoon salt, until apple is tender. Thicken with one teaspoon flour rubbed into one teaspoon butter.

Florence Irwin Smith (Rho).

Dumplings That Cannot Fall

1 egg	1 heaping teaspoon baking
1½ cups flour	powder
1 teaspoon salt (scant)	1 tablespoon butter
½ cup milk	

Sift flour, salt, and baking powder twice. Work in butter, add egg and milk. Drop in pot from tablespoon but *first set pot off of stove. Never drop them in while water is boiling.* Have meat or chicken just barely covered, so that the dumplings do not settle in liquid. Put back on fire, cover tight and do not disturb for twenty minutes. (Low fire). Serves four moderately.

Hazel Whitaker Vandenberg (Xi).

English Yorkshire Pudding

To two beaten eggs and a pint of milk add sufficient flour, into which has been sifted one teaspoon of salt and one teaspoon baking powder, to make a very thin batter. Pour this into the dripping pan containing a roast of beef, one-half hour before taking it from the oven.

Vera BurrIDGE (Xi).

What to Serve with Meats

Roast Beef.....	grated horse radish.
Roast Veal.....	tomato or horse radish sauce.
Roast Mutton.....	currant jelly.
Roast Lamb.....	mint sauce.
Roast Turkey.....	chestnut dressing, cranberry jelly.
Roast Venison.....	black currant jelly or grape jelly.
Roast Goose.....	tart apple sauce.
Roast Quail.....	currant jelly, celery sauce.

Roast Chicken.....bread sauce.
 Fried Chicken.....cream gravy, corn fritters.
 Roast Duck.....orange salad
 Roast Pork.....baked apples.

Unsigned.

Beef

White or sweet potatoes, mushrooms, cooked bananas, hominy croquettes, rice, macaroni, tomatoes.

For informal dinners also, cauliflower, brussels sprouts, beets, spinach, oyster plant, squash, turnips, green corn, egg plant, peas and beans.

Sauces: brown, mustard, mushroom, Maitre d'Hôtel, tomato.

Ham or Pork

White or sweet potatoes, spinach, beets, beet greens, brussels sprouts, cauliflower, cabbage, apples.

Sauces: apple, chive, champagne.

Lamb or Mutton

White or sweet potatoes, rice or farina croquettes, tomato croquettes, green peas, celery, cucumbers, asparagus, spinach, squash, turnips, parsnips, brussels sprouts, cauliflower, egg plant.

Sauces: mushroom, champagne, onion, tomato, currant.

Veal

White or sweet potatoes, spinach, beets, peas, beans, parsnips, cauliflower.

Sauces: cream, brown, chive, Hollandaise, Madeira, mushroom, onion, sorrel, tomato.

Poultry

White or sweet potatoes, rice croquettes, hominy, cucumbers, celery, mushrooms, peas, beans.

Sauces: white, bechamel, chestnut, curry, Madeira, mushroom, olive, onion, tomato.

Fish

Potatoes, cucumbers, tomatoes.

Sauces: Hollandaise, tartare, Maitre d'Hôtel, tomato.

VEGETABLES

Asparagus Soufflé

3 tablespoons butter	3 eggs
3 tablespoons flour	$\frac{1}{2}$ teaspoon salt, cayenne
$\frac{3}{4}$ cup milk	
1 cup fresh cooked asparagus, already boiled	

Cut asparagus in one inch lengths, using only tender portions of the stalks. Put the butter into a sauce pan and when hot add the flour and stir until smooth, add milk and seasonings. Cook two minutes. Remove from fire and add the well beaten yolks and the asparagus. Set away to cool. When cold add the whites of the eggs beaten to a stiff froth. Turn into a buttered baking dish and bake twenty to twenty-five minutes. Serve at once.

Grace Stilwell Boswell (Lambda Nu).

Baked Bananas

6 bananas	2 tablespoons butter
$\frac{1}{3}$ cup sugar	2 tablespoons lemon juice

Remove the skins and cut in halves lengthwise. Put in a shallow granite pan. Cream the butter and sugar and add lemon juice gradually. Baste the bananas with half the mixture. Bake twenty minutes in a slow oven, basting during baking with the remaining mixture. Very good to serve as a vegetable with steak. May be used as dessert.

Norma Rosholt Cammack (Lambda).

Baked Beans

Soak beans in water for twelve hours. Boil one-half pound salt pork until tender. Put half of the well soaked beans into a baking dish, placing on top a layer of the sliced pork and several slices of onion. Add the remaining beans and another layer of pork and onion. Use the water in which the pork was cooked to moisten dish.

Bake seven hours in a slow oven.

Emma Hinsdale (Pi).

Cabbage

1 cabbage, medium size

1 cup milk

2 tablespoons butter

2 tablespoons flour

salt, pepper

$\frac{1}{3}$ cup buttered bread

crumbs

Remove stalk from cabbage, separate leaves and drop one at a time into a large kettle nearly full of rapidly boiling water, press down with a spoon; let boil fifteen minutes with the kettle uncovered. Drain leaves in a colander, cut slightly with a knife, place in a baking dish and pour over them a white sauce made of the butter, flour, milk and seasoning; sprinkle bread crumbs on top and brown in the oven.

Ruth Wetzek (Chi Upsilon).

Escalloped Cabbage

First put cabbage into boiling water to which a little soda has been added. Boil five minutes. Drain and place cabbage in clean water to cure, and boil until tender. Chop drained cabbage and put layer in buttered baking pan, cover with white sauce, sprinkle with grated cheese—more cabbage, etc. Sprinkle top with paprika and grated cheese and buttered bread crumbs. Bake until well browned. Brussel sprouts and cauliflower may be cooked the same way.

Vienna Stewed Carrots

Peel carrots, cut into small pieces, boil in salted water until tender, and drain. Brown one tablespoon flour in two tablespoons butter, add one-half cup water in which the carrots were boiled, two tablespoons vinegar and one teaspoon sugar. Let all boil, then add the carrots and one cup cooked peas, some chopped parsley and pinch of pepper. Use about two cups of carrot to one of peas. Simmer ten minutes and serve hot. Mrs. J. C. Elliott King (Lambda).

Cauliflower with Cheese

Clean cauliflower, cut off leaves. Cover with hot water and boil until nearly tender. Make one pint thick cream sauce and add to it one-fourth pound grated cheese. Pour this over cauliflower, grate a little more cheese over top, and bake. Serve whole.

Ina Firkins (Lambda Nu).

Cauliflower au Gratin

Break a medium sized, solid head of cauliflower into uniform sections and soak in cold salt water one-half hour. Throw into boiling salted water and boil until tender. Make a white sauce using three tablespoons melted butter, three tablespoons flour, three-quarters pint milk. Add cauliflower drained from the water. Season lightly with black and red pepper, put in buttered baking dish, cover top with grated cheese and brown in hot oven.

Martha Dever Moulton (Lambda).

Celery

Grind two cupfuls of celery. Mix with one cup of bread crumbs. Season and moisten with milk. Bake until brown.

Maud Case (Lambda Nu).

Stewed Celery

Wash and cut up stalks of celery, discarding leaves. Boil until tender, about twenty minutes, in salted water, using enough to scarcely cover. When tender, lower fire to simmering heat and add one tablespoon butter, rubbed into one tablespoon flour and one cup cream or part cream and part milk. Stir until milk thickens and serve.

Mary Louise Longbrake (Lambda).

Corn and Bacon

Slice one-half pound bacon and cut into very small pieces. Strain off liquid from one can of corn. Add two tablespoons melted butter. Mix well and fry.

Persis Dewey (Iota).

Baked Corn

1 pint grated corn

1 teaspoon butter

1 teaspoon sugar

1 cup milk

1 teaspoon salt

pepper to taste

3 eggs beaten separately

Use fresh or canned corn. Mix ingredients in order given, adding whites of eggs just before putting into oven. Bake forty-five minutes in a moderate oven.

Happy Hayward Carpenter (Sigma).

Corn Croquettes

- | | |
|--------------------------------------|--------------------------|
| $\frac{3}{4}$ cup canned grated corn | 4 soda crackers |
| 1 teaspoon salt | 1 teaspoon melted butter |
| 2 eggs, well beaten | |

Make into small balls, roll in cracker crumbs and brown in butter.

Helen Butler (Kappa).

Corn Fritters

Add two egg yolks to one pint grated corn, then add one and one-fourth cups flour. Season with salt and pepper. Fold in the whites. Drop a little in hot deep fat. If the batter does not hold together, add a little more flour, as the moisture in the corn varies. Fry in deep fat.

Mary Louise Longbrake (Lambda).

Corn Oysters

- | | |
|-------------------------------------|-----------------------------|
| 2 cups grated corn | 4 tablespoons flour |
| 2 eggs, well beaten | $\frac{1}{4}$ teaspoon salt |
| 1 teaspoon baking powder | |
| $\frac{1}{8}$ teaspoon black pepper | |
| 1 or 2 tablespoons cream | |

If corn is old use two tablespoons cream, if young, one will probably be sufficient. Drop by small spoonfuls onto hot buttered griddle and fry. Serve immediately.

Marion Kappes (Sigma).

Scalloped Corn With Pimientoes

- | | |
|----------------------------------------------|-----------------------------|
| 1 can corn | 2 eggs |
| $1\frac{1}{2}$ cups milk | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup rolled crackers | |
| few grains of cayenne pepper | |
| 1 chopped green pepper, or 1 chopped pimento | |

Beat eggs and add milk, chopped pimientoes added last. Put in a slow oven and bake until firm, thirty minutes or more.

Louella Cordier (Theta).

Corn Soufflé

Grate sweet corn.

To one cup of grated corn add two cups very thick cream sauce, salt, pepper and the beaten yolks of two eggs. Just before baking add beaten whites of two eggs.

Bake in a moderate oven about thirty minutes. Serve at once.
Ina Firkins (Lambda Nu).

Fried Egg Plant

Slice egg plant about one-fourth inch thick. Cut off rind, sprinkle with salt and drain on slanting surface for one-half hour. Dip in beaten egg and cracker crumbs. Fry in lard.

Unsigned.

Egg Plant With Tomato Sauce

Peel a large egg plant and cut into one-half inch cubes. Soak over night in salted ice water. Boil until clear and tender in salted water one-half hour to forty-five minutes. Prepare a rich tomato sauce by frying one sliced onion and one bay leaf in two tablespoons butter, adding two tablespoons flour, one teaspoon salt, one teaspoon sugar, pepper to taste, one chopped, scalded green pepper and one can of tomatoes. Boil about ten minutes and strain over the egg plant in a baking dish. Cover with crumbs and bake from fifteen to twenty-five minutes.

Dorothy Watkins (Kappa).

Baked Macaroni

Butter a baking dish, put in a layer of cooked tomatoes, a layer of cooked macaroni, a layer of chopped cooked beef, then a layer of tomatoes. Pour over all a small amount of stock and put bread crumbs and pieces of butter on top. Bake about one-half hour.

Edna McKinley (Rho Sigma).

Creamed Macaroni with Cheese

Cook one cup finely broken macaroni in rapidly boiling salted water until tender. Drain, cover with cold water and drain again. Add two cups white sauce and one cup grated cheese to macaroni in

a baking dish. Mix thoroughly and cover with two-thirds cup cracker crumbs and one-third cup melted butter. Brown in oven.

Unsigned.

Peppers with Macaroni

Fill green sweet peppers with finely chopped cooked macaroni, adding to each pepper a large spoonful of grated cheese. Bake in granite pan with but little water. Cover pan. Serve as entrée with tomato sauce. Good with fish.

Jean M. Cunningham (Gamma).

Macaroni Timbales

$\frac{1}{2}$ cup macaroni	1 cup cream or milk
1 cup soft bread crumbs	$\frac{1}{2}$ cup grated cheese
$\frac{1}{4}$ cup butter	
$\frac{1}{2}$ red and green peppers	
1 teaspoon onion juice	
1 tablespoon chopped parsley	
3 eggs beaten separately	

Break macaroni into inch pieces and cook until soft in boiling salt water, then throw into cold water and drain. Scald milk and pour over bread crumbs. Mix all together and bake in buttered moulds, set in pan of hot water.

Ina Sackett (Lambda).

Spanish Spaghetti

1 package spaghetti	1 can tomatoes
1 pound cheese	3 red peppers
1 small bottle stuffed olives	
1 large onion	

Fry onion and peppers in two tablespoons of butter until brown. Add tomatoes strained and a tablespoon sugar. Boil the spaghetti, drain, put in baking dish and grate cheese over it. Add olives cut in half, and other ingredients. Bake until brown, sprinkling cheese over the top.

Gertrude Nelson Buck (Psi Phi).

Spaghetti or Macaroni Sauce à la Martini

- 4 good sized onions, chopped fine
- 2 kernels garlic, chopped fine
- 1 quart can tomatoes, heated and pressed through sieve
- 1 tablespoon finely chopped parsley
- 2 tablespoons butter
- 2 tablespoons olive oil

Add onions and garlic to melted butter and oil. When of a golden color add parsley, tomatoes, one-fourth teaspoon crumbled bay leaf, six cloves, six dashes paprika, one teaspoon sugar, one teaspoon Worcestershire sauce, one teaspoon Armour's extract of beef diluted in cup of boiling water, and salt and pepper to suit taste. Cook covered one-half hour, then remove cover and cook slowly two and one-half hours, adding hot water occasionally. Sauce must not be too thick or solid. This amount will do for two servings of two pounds macaroni or spaghetti. It can be kept in sealed can in cool place for several days; when using second time, heat and add hot water and a little butter.

Boil macaroni in salted water (three quarts to one pound) fifteen to twenty minutes, or until tender. Drain and place on platter, sprinkle three or four tablespoons grated Parmesan or Roman cheese on top, then pour on sauce and mix.

Instead of Armour's extract of beef, one can substitute one pound round steak chopped fine or one pound chopped veal or chicken giblets or two pounds solid chunk beef, adding it to sauce before adding tomatoes.

Nellie L. Glover (Eta Upsilon).

Mock Oysters

Slice green tomatoes thin and soak in salt water. Fry brown after dipping in salt, pepper and flour.

Harriet Van Bergen Deering (Lambda).

Mock Oyster Croquettes

Boil salsify (oyster plant) until tender. Drain, cool and dice. Make a thick white sauce, add the diced salsify and shape into croquettes. Roll in crumbs and fry in deep fat or bake in the oven until brown.

Ruth Rosholt (Lambda).

Baked Peppers

Choose symmetrical peppers, cut off stem end. Scrape out seeds and boil in salted water until tender. Pour carefully into them some tomatoes, previously cooked and seasoned with pepper, salt, chopped onion and bread crumbs. Bake until brown.

Winifred Sherman Updike (Kappa).

Stuffed Green Peppers

Cut off stem end of seven green peppers, remove seeds and parboil ten minutes in one quart boiling water, to which has been added one-eighth teaspoon soda. To one-half cup boiled rice add one-half cup highly seasoned tomato purée and let stand on back of range until rice has absorbed tomato; then add one-half cup cold, cooked chicken or veal, cut in small cubes, and season with salt and paprika. Fill peppers with mixture, cover tops with buttered crumbs, and bake until crumbs are brown. Remove to circular pieces of sautéed bread. Serve with mustard sauce.

Gertrude White (Rho Sigma).

Baked Sweet Potatoes and Marshmallows

Cook six large sweet potatoes in boiling water; mash these; add hot milk and butter; beat them. Put them into a casserole and cover with marshmallows. Put in the oven for a few minutes until the marshmallows are light brown.

Two tablespoons sugar and vanilla may be added before baking.

Potato Boats

Select long potatoes, cut in half the long way and bake until thoroughly done. Remove potato from shell and mash. Shred a few slices of bacon and fry with some chopped green peppers, add this with grease to the potato which has been removed from the shell and mashed. Salt to taste. Replace mixture in the shells, sprinkle dry bread crumbs over top, place in oven and brown.

Marie Weesner (Kappa).

Potato Omelet

Put two tablespoons lard and butter in spider. Pack one pint raw potatoes, chopped fine, compactly in spider after the fat is smoking hot. Pour over them three tablespoons water. Cook twenty or twenty-five minutes over low fire.

Ruth Bachman (Rho).

Parisienne Potatoes

To one-half pint of mashed potatoes add a little salt, one egg, one teaspoonful of baking powder and flour enough to roll out.

Roll them out as thick as your finger, cut out the size of a quarter and drop in boiling fat. They will become round in frying.

Edith V. Power (Alpha Beta).

Potato Patty Shells

Sweetbreads and mushrooms

3 cups mashed potato, seasoned to taste

1 egg

Shape like patty shells, cover with fine cracker crumbs and fry to a light brown in deep fat. Use a frying basket to keep shells in shape. Fill with creamed sweetbreads, mushroom or chicken. Serve with a small mould of cucumber jelly.

Mrs. J. H. Long (Sigma).

Potato Puffs

2 tablespoons melted butter

1 cup mashed potato

2 eggs beaten separately

Mix like a light mashed potato with

1 cup milk

yolks of eggs

$\frac{1}{4}$ cup flour, sifted

1 teaspoon salt

1 teaspoon baking powder

pepper

Last put in whites of eggs and fry in lumps in deep fat until brown.

Helen Adams (Rho).

Potato Scones

1½ cups flour	1 cup mashed potatoes
1 egg	2 teaspoons baking powder
⅓ cup butter	½ teaspoon salt

Milk enough to mix into a stiff dough. Fry on a griddle.
Eleanor A. Brettle (Rho Sigma).

Sweet Potatoes Southern Style

About eight or ten medium sized potatoes. Boil in skins in salted water. Pare and cut lengthwise. Put into large flat pan, cover one-half inch thick with brown sugar. Add one-fourth pound butter and one tablespoon molasses.

Baste often. Cook one hour.

Alcetta Gilbert Clarke (Lambda Nu).

Rice Cakes

1 cup boiled rice	1 egg
1 cup flour	1 tablespoon sugar
¾ cup milk	¼ teaspoon salt

1 teaspoon baking powder

Put the rice into a bowl, add the milk and mix well, then add the well beaten egg, sugar and salt. Sift the flour and baking powder into the mixture and stir well. A little ground cinnamon or grated nutmeg can be added. Bake on a hot griddle, allowing a tablespoon to a cake. Serve with maple or brown sugar.

Lou Ashley Hubble (Rho Sigma).

Escalloped Rice and Cheese

Wash in three waters one cup large grain rice, add one teaspoon salt, one tablespoon butter, three cups boiling water and cook one-half hour in a fireless cooker or a double boiler. To this add one-half pound of cheese cut fine, one well beaten egg added to one cup milk. Stir in carefully with a fork and bake in a quick oven for twenty minutes.

Margaret Murray (Iota).

Rice Haste

- | | |
|----------------------------------------|----------------------|
| 1 cup milk | 1 cup chopped meat |
| 1 cup boiled rice | 2 tablespoons butter |
| $\frac{1}{2}$ teaspoon salt and pepper | |
| 1 well beaten egg | |

Put into patty pans and bake.

Mabel Kellogg (Chi).

Mexican Rice

Cook together one cup boiled rice and one cup tomatoes. Add chopped red pepper and an onion size of a walnut, two tablespoons sugar, one teaspoon salt, butter size of egg. Cook until onion is tender. Turn into baking dish, cover with bread crumbs, using half of the butter on top. Bake twenty-five minutes.

Patroness Pi Chapter.

Spanish Rice

- | | |
|-------------------------------|----------------------|
| $\frac{1}{2}$ onion, cut fine | 1 cup rice, uncooked |
| 1 green pepper, cut fine | 1 can tomatoes |
| 2 tablespoons olive oil | salt to taste |

Heat the oil in a granite pan, add onion and pepper and fry until golden brown, add the cup of uncooked rice, and when it is thoroughly warmed put in the can of tomatoes. Cook slowly for about an hour, stirring now and then with a fork. More boiling water may be added in case it is not moist enough.

Hazel Williams (Omega).

Spanish Rice

- | | |
|---------------------------------------|-----------------|
| 1 cup rice | 2 green peppers |
| 2 large tomatoes or $\frac{1}{2}$ can | salt to taste |
| 2 heaping tablespoons butter | |
| 1 quart cold water | |

Wash rice and put in double boiler. Remove seeds and veins from peppers and cut into small pieces. Peel tomatoes and slice. Put all the ingredients in double boiler with rice and cook one hour.

Jessie Ware Libby (Lambda).

Fried Summer or Cream Squash

Cut squash in thin slices. Dip in egg and bread crumbs. For seasoning put plenty of salt and pepper into the beaten egg. Then fry the slices as you would fry egg plant in Crisco or bacon grease.

Helen Adams Bright (Rho).

Baked Tomatoes

Remove skins from large, firm ripe tomatoes. Halve and roll in flour. Place in pan in which a generous amount of bacon drippings have been heated. Salt and pepper tomatoes well and drop one-half teaspoon butter on center of each one. Let brown in brisk oven.

Lillian Moore Coffin (Tau Zeta).

Baked Tomatoes

Remove stem end from six medium sized tomatoes. Take out most of pulp, sprinkle inside of tomatoes with salt and invert for a few minutes. Cook three tablespoons of butter with six tablespoons of chopped green pepper for five minutes. Add three-fourths of a cup of stale bread crumbs, one-half cup tomato pulp, one-fourth teaspoon salt, a little pepper and a few drops of onion juice. Fill tomatoes with mixture, put in buttered pan, sprinkle tops with buttered crumbs and bake fifteen minutes in hot oven.

Marguerite Tupper Way (Lambda Nu).

Fried Tomatoes

Slice tomatoes rather thick, salt, dip each slice in beaten egg, then roll in cracker crumbs until covered. Fry in plenty of butter, turning on both sides, until browned. Remove tomatoes to a platter. Add more butter to spider and make thick gravy with flour and milk. Pour this over the tomatoes on platter.

Marie Weesner (Kappa).

Stuffed Tomatoes

6 tomatoes
2 tablespoons chopped ham
1 teaspoon butter
1 cup bread crumbs
½ onion, chopped fine
salt and pepper to taste

Scoop out the pulp of the tomatoes and mix with other ingredients. Fill the tomato shells, sprinkle the top with cracker crumbs and bake one-half hour in moderate oven.

E. Winifred Jewell (Chi).

Turkish Rolls (Without Meat)

Save the large green outside leaves of a cabbage. To one cup of tender boiled rice, add three tablespoons melted butter, salt and paprika to taste, and one-fourth cup chopped walnut meats. Bread crumbs are a nice addition. Put one tablespoon of this mixture in the center of each cabbage leaf. Fold the leaf over to make a square packet and tie with cord. Drop into a kettle of boiling water. Cook one-half hour, then lift out on a perforated spoon. Set the rolls in a greased baking dish, cover with crumbs and a cream sauce and brown. The sauce may be made of the water in which the rolls were boiled.

Dorothy Watkins (Kappa).

Maitre d'Hôtel Butter

3 tablespoons butter	1 teaspoon salt
½ tablespoon finely chopped parsley	
1 teaspoon lemon juice	pepper

Unsigned.

SALADS

Fruit Salads

Fruit Salad

Make plain lemon jello moulds, one for each person, and cover just before serving with following dressing: Beat yolks of four eggs very light, then add four beaten whites, one cup powdered sugar, juice of two lemons, one-half teaspoon salt. Mix thoroughly and cook until thick in double boiler, add eight marshmallows, and beat, then cool. Slice pineapple and oranges and drain well and add to above just before serving.

Julia B. Gould (Lambda).

Fruit Salad

1 pound white grapes
1 can white cherries
1 can sliced pineapple
4 bananas
 $\frac{1}{4}$ pound shelled pecans
small bottle maraschino cherries

Add one-half pint whipped cream to fruit salad dressing. Serves twelve or fourteen people.

Lois T. Pennock (Lambda).

Fruit Salad

$\frac{1}{2}$ cup pecans
 $\frac{1}{2}$ pound marshmallows, cut in pieces
1 pound Malaga grapes, seeded
1 pint whipped cream
1 pint canned pineapple

Combine the ingredients fifteen minutes before using. This may also be served as a dessert with cakes.

Jessie Ware Libby (Lambda).

Fruit Salad

Place a slice of Hawaiian pineapple on a lettuce leaf and spread with a thin coating of soft cream cheese. Cut Spanish peppers into long thin strips and place on the top of pineapple, radiating from the center. Put a large teaspoon of fruit salad dressing in the center of the pineapple.

Eleanor Dickinson Tate (Lambda Nu).

Fruit Salad

4 oranges

3 bananas

white grapes (add red sour cherries or pineapple if desired)

$\frac{1}{4}$ pound English walnuts

Serve with dressing.

Louella Cordier (Theta).

Fruit Salad

1 pound Malaga grapes

2 grape fruit

1 pint preserved pineapple

1 pound English walnut meats

Elsie Manville (Rho Sigma).

Banana Salad

$\frac{1}{2}$ cup sugar

$\frac{1}{8}$ cup walnut meats

$\frac{1}{2}$ cup water

5 or 6 bananas

1 tablespoon lemon juice

Boil sugar and water to the soft ball stage. Add lemon juice and cool a little. Cut the bananas in half, crosswise, and roll in syrup, then in chopped nuts and put on lettuce. Serve with French dressing or mayonnaise.

Mrs. Thomas R. Woodrow (Phi Omega).

Brazilian Salad

Cut white grapes in halves lengthwise and remove seeds. Add equal quantities of shredded pineapple, apple finely cut and cut celery. Add one-fourth quantity Brazil nuts, broken into pieces. Mix thoroughly and season with lemon juice. Moisten with cream mayonnaise or cream dressing.

Grace Johnston (Omicron).

White Cherry Salad

1 can large white cherries	1 grapefruit
2 slices pineapple	2 oranges

Cover with mayonnaise into which whipped cream has been beaten.
Ina Firkins (Lambda).

Cucumber and Pineapple Salad

1 envelope gelatine (Knox)	$\frac{1}{2}$ cup sugar
$\frac{2}{3}$ cup cold water	$\frac{1}{2}$ cup nuts
1 teaspoon salt	juice of 1 lemon
1 cup boiling water	
1 cup canned pineapple, cut in pieces	
1 cucumber, cut in $\frac{1}{4}$ inch cubes	

Serve with mayonnaise.

Mary Moody Curran (Xi).

Gelatine Salad

1 large apple	1 pimento
1 orange	juice of 1 lemon
1 grape fruit	1 cup sugar
1 cup shredded cabbage	1 cup vinegar
1 green pepper	

Soak one-half box Knox's gelatine in one-half cup water. Put sugar, vinegar and lemon on stove and let it come to a boil, then add the gelatine. Pour one-half of this mixture over the finely cut fruit and when this has set a little pour over the rest. Cool.

Helen Gage (Sigma).

Grape Fruit Salad

Pulp of 2 grape fruit, cut fine
 $\frac{1}{2}$ pound stoned dates
 $\frac{1}{2}$ pound pecans

Serve on lettuce with mayonnaise.

Mrs. F. R. Wooster (Rho).

Grape Fruit Salad

- 1 cup grape fruit, pulp and juice
- juice of one lemon
- 2 level teaspoons Knox's gelatine, dissolved in $\frac{1}{4}$ cup cold water

Pour over this mixture one and one-half cups boiling water. Sweeten to taste. (It is more delicious when a trifle tart.) Place in wet moulds. This recipe makes about one pint. For dressing use mayonnaise mixed with a little whipped cream.

Grace Stilwell Boswell (Lambda).

Grape Fruit and White Grape Salad

- 2 grape fruit, white grapes, French dressing, water cress or parsley.

Halve the grape fruit evenly to keep the cases intact. Remove the fruit and separate the pulp from the white covering. Use an equal portion of white grapes, seed and mix with the grapefruit. Let stand for thirty minutes in French dressing before serving. Fill the grapefruit shells with the fruit and lay about them sprigs of water cress or parsley.

Esther Wakefield (Zeta).

Lemon Jello Salad

- 1 package lemon jello
- 2 cups boiling water
- $\frac{1}{2}$ pint stuffed olives
- $\frac{1}{2}$ cup pecans

Mix water and jello and pour into moulds. Cut olives in thin slices on top of liquid, then sprinkle over with broken pecans. Chill and when ready to serve remove from moulds by applying warm cloth to bottom of mould. Serve with salad dressing.

Eva McFarland (Nu).

Muskmelon Salad

Cut the melon into dice and mix with French dressing. Serve in halved shells and garnish with green cherries.

Jean Sharpe (Xi).

Salad à la Normandy

Pare and core five nice apples, must have fine flavor. Cut into julian shapes (which are about the size of matches), and dress with oil, lemon juice, one cup whipped cream, salt and paprika. Serve on a bed of watercress. Sprinkle with minced English walnuts.

Norma Rosholt Cammack (Lambda).

Peach Salad

Buy halved canned peaches. Drain juice from them. Take one small package of Blue Label cheese, mixed with a little cream to soften, add chopped walnuts and salt to taste. Fill the center of halves with the cheese, using two halves for a person. Serve on head lettuce and cover with boiled mayonnaise.

Lillian Smith Burwell (Lambda).

Pear Salad

Arrange pear halves (fresh or canned) on beds of crisp lettuce leaves.

Fill seed cavities with Bar le Duc red currants and serve with French dressing.

Edith Shively Wegeng (Iota).

Stuffed Pear Salad

Chill and drain halves of canned pears. Place three on each plate of crisp lettuce leaves. Prepare a mixture of cream cheese, beaten and thinned with a little cream, and chopped walnuts. Season with a little salt and fill cavities of pears. Serve with cream mayonnaise or whipped cream with boiled dressing mixed with it.

Marguerite T. Way (Lambda Nu).

Pineapple Tomato

Arrange lettuce on plates, place one slice canned pineapple on each, one slice of ripe tomato on each slice of pineapple and a spoonful of salad dressing on each.

Finish with a cherry or olive on dressing, if desired.

Unsigned.

Pineapple Salad

- 1 can sliced pineapple
- 1 jar pimento cheese or cream cheese
- $\frac{1}{4}$ pound English walnuts

Arrange pineapple on plates garnished with lettuce. Serve with mayonnaise dressing and cheese balls, made from the cheese and nuts. Maraschino cherries may be added to plates if desired.

Ethel S. Hamilton (Chi).

Pineapple-Cheese Salad

Drain pineapple well and place each slice on lettuce leaf. Cover with grated cheese and add French dressing. Boiled salad dressing may be used. In which case cover the pineapple with boiled salad dressing mixed with whipped cream and sprinkle the grated cheese over the top.

Florence Thorpe (Lambda).

Pineapple and Marshmallow Salad

Drain and cut up one can (large size) of sliced pineapple. Add one-half pound marshmallows cut in quarters. Let stand six hours with one cup whipped sour cream and two tablespoons salad dressing mixed. When ready to serve add blanched almonds cut up, and mix with one-half cup sweet whipped cream.

Florence Thorpe (Lambda).

Prune Salad

Arrange on lettuce leaf four or five cooked prunes in which nuts have been substituted for the stones. Serve with mayonnaise dressing.

Hazel Bisbee (Pi).

Tomato Pineapple Salad

Peel medium sized tomatoes, remove thin slice from top of each, take out seeds and some pulp. Sprinkle inside with salt, invert and let stand thirty minutes. Fill tomatoes with pineapple cut into small cubes, and English walnuts, using two-thirds pineapple and one-third nuts, mixed with mayonnaise. Serve on lettuce leaves, with mayonnaise and wafers.

Irene Gould (Nu).

White Salad

- 1 can sliced pineapple, cut in pieces
- 1 pound white grapes, halved and seeded
- 1 pound almonds, blanched and chopped
- $\frac{1}{4}$ pound marshmallows, cut in quarters

Dressing: Cook one cup milk, yolks of four eggs, pinch of salt and mustard just to a custard. When cold, add juice of one lemon and a cup of stiffly whipped cream. Mix with other ingredients and let stand at least twelve hours before serving.

Edith Steele McGregor (Pi).

Frozen Salad No. 1

Take any canned fruit such as pineapple, apricots, peaches or cherries and oranges, bananas and white grapes.

Cut the fruit in small pieces as for any fruit salad. To two portions of oil mayonnaise take one portion of whipped cream, mix thoroughly with the fruit. Pack in freezer with ice and rock salt and freeze the same as moussé, allowing it to stand four or five hours. All or any combination of the above fruits may be used.

Serve on lettuce leaves. This is a salad and dessert combined.

Leulah Judson Hawley (Lambda Nu).

Frozen Salad No. 2

- 2 tablespoons melted butter
- 2 egg yolks, well beaten
- $3\frac{1}{2}$ tablespoons sugar
- 3 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ teaspoon paprika
- A little cayenne
- Add $\frac{2}{3}$ cup of milk
- $\frac{1}{3}$ cup vinegar heated

Mix these ingredients in the order given.

Cook until thick, then cool. Add one cup of cream whipped and one large cup of fruit. Peaches, maraschino cherries, pineapple, oranges and bananas make a delicious combination of fruits.

Pack in freezer and freeze the same as moussé, letting it stand four or five hours.

Serve on lettuce as salad and dessert.

Julia Bearnese Gould (Lambda Nu).

Vegetable Salads

Adirondack Salad

- 3 tablespoons canned peas
- 3 tablespoons diced cheese
- 3 tablespoons diced onions
- 3 tablespoons Heinze sweet cucumber pickles

Mix with salad dressing which is not too sweet.

Edna Kendall Crawford (Sigma).

Asparagus Salad

Cut narrow rings from bright red peppers, place three or four asparagus stalks through two or three of these rings. Serve on lettuce leaves with either kind of salad dressing.

Florence F. Thorpe (Lambda).

Bean Salad

- 1 can kidney beans
- 1 cup chopped celery
- 1 cup chopped pickle
- 2 cups onion

Cover with mayonnaise.

Hannah Book (Theta).

Bean Salad

Use recipe for German potato salad, substituting cold boiled string beans for potatoes.

Lillian Smith Burwell (Lambda Nu).

Beet Salad

- 4 small beets, chopped fine
- $\frac{1}{2}$ cup of weak vinegar
- $\frac{1}{4}$ cup water
- 1 tablespoon Knox's gelatine
- 3 teaspoons corn starch
- 5 teaspoons sugar

Make a jelly, add chopped beets and mold in small cups. Serve on lettuce leaves with salad dressing. Will serve four.

Josephine Cleaver (Eta).

Beet Salad

Dress cubes of cooked beets and chopped olives with French dressing. Hazel Bisbee (Pi).

Celery Relish

To one-half box of Knox's gelatine, add enough cold water from one pint to cover. Let stand twenty minutes. Heat remainder of pint to boiling, pour over gelatine, add juice of two lemons and one-half cup sugar; cool. Add one tablespoon horse radish and dash of cayenne pepper. Color a light green with vegetable coloring. When almost ready to set, stir in one cup of finely cut celery. Pour into moulds to harden. Nelle Stinchfield Braasch (Lambda).

Cheese and Pimento Salad

Chop pimento olives fine, mix with a soft cream cheese and form into balls. Serve in nests of head lettuce with oil mayonnaise. Clara Bearnese Haskins (Lambda).

Cucumber Jelly

1 cucumber	1 teaspoon salt
$\frac{1}{2}$ cup celery	1 pinch cayenne
1 small onion	$\frac{1}{8}$ teaspoon pepper

Chop cucumber, celery, onion. Add seasoning and some leaves of parsley pulled to bits (not chopped). Add one teaspoon Knox's gelatine dissolved in one-half cup hot water. Pour in small moulds and serve with meats or luncheon dishes.

Mrs. J. H. Long (Sigma).

Cucumber Jelly

3 large cucumbers	1 level tablespoon capers
3 or 4 tomatoes	4 tablespoons vinegar
2 green peppers	salt and pinch of black
2 or 3 canned red peppers	pepper
	1 box Knox's gelatine

Put the cucumbers, tomatoes and peppers, through meat chopper. Cut up the canned peppers with the scissors. Set in fancy mould.

Ethel Richter Megeath (Lambda).

Cucumber Salad

Pare a good sized cucumber and with a sharp pointed knife cut five parallel grooves lengthwise of the cucumber at equal distances. Then cut the cucumber into thin slices crosswise, keeping the cucumber in original shape. Arrange on lettuce leaf and serve with Parisian French dressing. An excellent relish to serve with fish course.

Eleanor Dickinson Tate (Lambda Nu).

Egyptian Salad

Cut out inside of tomatoes after peeling. To this add equal amount of cucumber. Season with salt, vinegar, oil, onion, and chopped parsley. Fill tomatoes and serve with mayonnaise.

Mildred Lawrence (Alpha Delta).

Gelatine Salad

Into one pint boiling water put a blade of mace, a bit of bay leaf, one-half dozen pepper corns, one slice onion, one-half teaspoon celery salt. Cook twenty minutes. Strain and add to the liquid three-fourths box of Knox's gelatine softened in a little cold water. Strain again and add four tablespoons vinegar. Pour into mould with slice of cucumber. Serve with mayonnaise.

Leulah Hawley (Lambda).

Green Pepper Salad

Soften cream cheese by mixing it with about one-third amount of butter which you have of cheese. To the cheese, add nuts, chopped fine, and chopped pimento and a little onion or chive. Cut off the tops of the green peppers and scoop out all the inside. Pack the cheese into the peppers and place in the refrigerator to cool. When the cheese has hardened again you will be able to slice the peppers rather thin. Serve with lettuce and French dressing or with cucumbers which have been soaked for an hour in French dressing. Two large peppers or three small ones will serve six people. Be sure to use the sweet, not the hot green peppers.

Ethel Rockwood (Lambda).

Harvard Salad

2 large cups diced celery	6 minced olives
$\frac{1}{2}$ dozen chopped radishes	1 small cup nut meats
	2 diced hard boiled eggs

Blend ingredients well and moisten with mayonnaise dressing; arrange in tiny mounds in nests of head lettuce. Pour over each portion one tablespoon of the dressing. Garnish with grated egg yolk and triangles of pickled beet.

Helen Berkman Judd (Lambda).

Jellied Vegetable

Soak one tablespoon Knox's gelatine in one-fourth cup cold water. Dissolve in one cup of boiling water, add one-fourth cup each of sugar and vinegar, two tablespoons lemon juice, one teaspoon salt and a few whole cloves. When cool strain and add one-half can of refugee beans, whole, two or three pimientos cut in pieces, and chill in a mould.

Delicious with hearty meats.

Theodora Carpenter (Lambda).

Normandy Salad

1 cup canned peas	1 cup chopped celery
$\frac{1}{2}$ cup English walnuts	

Mix together with French dressing and serve on head lettuce. Will serve six or eight people.

Alcetta Gilbert Clarke (Lambda).

Perfection Salad**(\$100 Prize Recipe)**

1 envelope Knox Sparkling Gelatine	
$\frac{1}{2}$ cup cold water	1 pint boiling water
$\frac{1}{2}$ cup mild vinegar	1 teaspoon salt
1 cup finely shredded cabbage	$\frac{1}{2}$ cup sugar
juice of 1 lemon	
2 cups celery, cut in small pieces	
$\frac{1}{4}$ can sweet red peppers, finely cut	

Soak the gelatine in cold water five minutes; add vinegar, lemon juice, boiling water, sugar and salt. Strain and when beginning to set add remaining ingredients. Turn into a mould and chill. Serve on lettuce leaves with mayonnaise dressing, or cut in dice and serve in cases made of red or green peppers, or the mixture may be shaped in moulds lined with pimientos. A delicious accompaniment to cold sliced chicken or veal.

Charles B. Knox Co.

Poinsettia Salad

Remove the peel from large, firm, red tomatoes in boiling water. Set on ice to chill. When ready to serve, cut them into segments from flower end to stem end. Remove the seeds. Set each tomato on a bed of lettuce or endive. Fill the center of the tomato with chopped celery and hard boiled egg, mixed with rather stiff mayonnaise or boiled salad dressing.

Grace Stilwell Boswell (Lambda).

Potato Salad

Use equal parts of finely chopped potatoes and celery. Add finely chopped onion, salt and pepper to taste. Serve with mayonnaise or boiled dressing.

Vera Cordonnier (Rho).

German Potato Salad

Fry three slices of bacon very crisp and cut in small cubes. Make a sauce by mixing one even teaspoon of flour in the hot fat until smooth, and then add diluted cider vinegar. Pour over sliced boiled potatoes. Add bacon, chopped onions, salt and pepper to taste. Serve hot.

Alice Christopher Browne (Sigma).

Potato and Egg Salad

Cut cold boiled potatoes in one-fourth inch cubes. Have two cups. Add one cup shredded cabbage, three hard boiled eggs, finely chopped, two tablespoons of chopped pickles, two tablespoons green peppers, finely chopped, a little chopped parsley and a few drops of onion juice. Moisten with a cream salad dressing and serve on crisp lettuce.

Marguerite T. Way (Lambda).

Salad Russe

Turn into a bowl a half box of Knox's gelatine and cover with cold water, soak for two hours. Bring a pint of cleared and seasoned chicken or veal stock to the boiling point. Stir in the soaked gelatine and when this is dissolved, add a large tablespoon of vinegar and a small wine glass full of sherry, strain, pour into a border mould and set on the ice until firm. Cut into dice two cold boiled carrots, two cold boiled beets, a dozen cold boiled asparagus tips, four stalks of celery and one-half cup cold cooked peas. Mix all together and cover with a dressing made of six tablespoons of salad oil, two of vinegar, one teaspoon onion juice and salt and pepper to taste. Let vegetables be in this dressing in the ice box for an hour, drain. Turn the border of jelly out on a chilled platter, put the vegetables in the center of the platter and cover with a thick jelly-like mayonnaise. Serve at once or keep upon ice until wanted.

Ida Ward Lentillon (Omicron).

Spanish Pepper Salad

Dissolve $\frac{1}{2}$ box Knox's gelatine in

$\frac{1}{2}$ cup cold water and $\frac{1}{2}$ cup vinegar, add

$\frac{1}{2}$ cup sugar

scant teaspoon salt

juice of 1 lemon

1 cup boiling water

Mix with six canned pimientos, cut into small pieces, two cups chopped celery and one cup shelled pecans.

Harden in individual moulds, serving with mayonnaise. This will serve twelve persons.

Winifred Sherman Urdike (Kappa).

Tomatoes en Surprise

Peel good solid tomatoes and remove seeds and core.

Fill with sardines or salmon, and squeeze in a little lemon juice.

Turn the tomato upside down on a nest of crisp lettuce, and put on top of each a spoonful of mayonnaise dressing.

Florence A. Dickinson (Lambda Nu).

Tomato Jelly Salad

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|-----------------------------|----------------|
| 2½ cups strained tomato | 2 pepper corns |
| 4 teaspoons Knox's gelatine | 2 pimientos |
| ¼ cup cold water | |
| 2 slices onion | |

Soak gelatine in cold water. Mix and cook ten minutes remaining ingredients except pimientos. Remove from fire, add gelatine and strain into individual moulds onto pimientos sliced. Serve on lettuce leaf with mayonnaise.

Agnes Claypoole Moody (Chi).

Tomato Jelly Salad

- | | |
|------------------------------------|----------------------|
| 1 can Van Camp's clear tomato soup | |
| 1 can clear bouillon | 4 whole pepper corns |
| 1 slice onion | 1 teaspoon sugar |
| 2 cloves | 1 teaspoon catsup |
| 1 teaspoon Worcestershire sauce | |
| ½ package Knox's gelatine | |

Soften gelatine by pouring a little cold water over it. Boil together all other ingredients, one-half hour or less. Then stir in gelatine. Pour into a mould wet with cold water. When hard, cut into squares and serve on lettuce with mayonnaise.

Mary Bogue (Gamma).

Vegetable Gelatine

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|-------------------------------------|----------------------|
| ½ package Knox's gelatine | ½ cup vinegar |
| ½ cup water | ½ teaspoon salt |
| juice of 1 lemon | ½ pint boiling water |
| ½ cup sugar | |
| 2 cups chopped cabbage | |
| 1 cup chopped celery | |
| 2 green peppers or canned pimientos | |

Soak the gelatine in one-half cup cold water and dissolve it in one-half pint of boiling water; then add vinegar, lemon juice, sugar and salt. When the mixture begins to thicken, fold in the cabbage, celery and pimientos. Turn into a mould and chill.

Mary Malcomson (Xi).

Canned Cucumber Salad

Peel and slice 1 gallon of cucumbers
Four large onions sliced thin
1 quart vinegar
4 dessert spoons mustard
1 cup flour
1 cup white sugar
1 teaspoon turmeric

Salt cucumbers and let stand four hours. Drain well. Put vinegar in kettle, add flour, sugar, mustard, turmeric and sliced onions. Let cook until tender. Dampen cucumbers in cold vinegar. Put into boiling mixture and cook five minutes. Seal in fruit jars. Keep in a cool dark place.

Serve on lettuce without salad dressing.

Aileen Belyea Critchett (Lambda Nu).

Meat Salads

Cheese Salad

1 pound cream cheese
 $\frac{1}{2}$ can pimento
6 pickles chopped
6 eggs hard boiled and chopped

Mix with mayonnaise dressing.

This may be molded into balls and served as cheese balls with pie. Good sandwich filler also.

Louise Riggs (Theta).

Chicken Salad

2 cups cold chicken	$\frac{1}{2}$ cup chopped olives
1 cup celery	2 hard boiled eggs
$\frac{1}{2}$ cup walnuts or blanched almonds	

Mix with mayonnaise, using the eggs chopped in the salad or quartered as a garnish.

Margaret Van Bergen (Lambda Nu).

Jellied Fish Salad

Use any cold fish. Soak one-fourth box of Knox's gelatine in one-fourth cup of cold water, then dissolve in a cup of hot stock. Season with salt, pepper and lemon juice and mix with an equal quantity of cold boiled fish or canned fish. Decorate molds with slice of pimento or hard boiled eggs and put in fish mixture. Serve with mayonnaise.

Marguerite T. Way (Lambda).

Salmon Relish Salad

- 1 pound of salmon, boiled and picked to pieces when cold
- 2 hard boiled eggs, chopped fine
- 2 tablespoons mayonnaise
- 1 small bunch of celery, chopped fine

Pack in moulds, chill, serve on lettuce leaf with Russian dressing. Tuna fish may be used in place of salmon.

Marguerite Dauson Winant (Omicron).

Tuna Salad

- 1 small can tuna fish
- 1 cucumber
- 1/2 dozen chopped olives
- 1/2 cup pimento
- 1 cup mayonnaise

This salad may be varied by using celery instead of cucumber, and adding cooked string beans.

Ina Firkins (Lambda).

Veal Salad

- 2 cups cold veal, diced
- 1 cup celery
- 3 hard boiled eggs
- 1/2 teaspoon salt
- pepper
- 4 tablespoons olive oil
- 1 1/2 tablespoon vinegar
- mayonnaise dressing

Chop eggs rather coarsely and combine with celery, oil, vinegar, seasonings. Let stand thirty minutes. Then add mayonnaise. Arrange salad on lettuce leaf. Serve with cheese balls.

Josephine Moyle (Alpha Zeta Rho).

Veal Salad

2 pounds lean veal	2 heads celery
1 can pimientoes	1 head lettuce
3 hard boiled eggs	a few pickles or olives

Cook the veal until very tender and cut up carefully. Be sure to get out all fat and gristle. Have everything ready but do not mix until half hour before serving. Mix well with mayonnaise. Will serve ten or twelve.

Bessie Gates (Beta).

Salad Dressings

Garnish for Salads or Meats

An attractive garnish for salads or cold meats is made by boiling eggs hard, cutting in slices when cold and removing yolks. Through these rings draw small bits of bleached celery leaves, sprigs of parsley or crisp lettuce.

Lillian Smith Burwell (Lambda).

Cheese Straws

$\frac{1}{2}$ pound grated cheese	whites of 2 eggs
$\frac{1}{4}$ pound butter	pinch of salt
$\frac{1}{2}$ pound flour	little water

Cream flour and cheese, adding other ingredients. Roll very thin and cut into straws. Bake until a golden brown.

Mrs. Mary Comfort Leonard (Founder).

Cheese Straws

1 cup grated cheese	$\frac{2}{3}$ cup flour
1 cup fresh bread crumbs	2 tablespoons milk
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{4}$ teaspoon salt
1 tablespoon butter	

Cream butter, add flour, crumbs and grated cheese, add seasonings, mix thoroughly, then add milk. Roll one-fourth inch thick, cut one-fourth inch wide and six inches long. Bake until brown in moderate oven. Serve with green salad.

Grace Johnston (Omicron).

Cheese Dates

Remove the stones from firm dates. Fill with Blue Label cheese, seasoned with salt and thinned with cream. Serve with salads.

Lillian Smith Burwell (Lambda Nu).

Cheese Balls

Mix one-half cup grated American cheese, one-third cup Roquefort, one-half cup bread crumbs, one-half teaspoon Worcestershire sauce and one egg. Roll into balls, dip in beaten egg, and then in bread crumbs that have been salted and slightly peppered, and fry in deep fat just before serving. Serve with salads.

Frances Firkins (Lambda).

To Serve with Salad

1. Cut celery stalks even lengths and stuff the hollow part with cream cheese, or a stronger kind, if preferred.

2. Place water-thin crackers on a tin pan, with a shake of pepper and a dab of butter on each, and put into the oven until a pale brown.

Edna Judson Wilde (Lambda).

Thousand Island Dressing

yolk of 1 egg	$\frac{1}{2}$ teaspoon sugar
1 tablespoon lemon juice	$\frac{3}{4}$ cup olive oil
$\frac{1}{2}$ teaspoon salt	1 tablespoon vinegar
$\frac{1}{4}$ teaspoon mustard	
chopped pickles, celery, onions and red peppers.	

Mix dry ingredients, add egg yolk and when well mixed add one-half teaspoon vinegar. Add oil which has been chilled and vinegar, alternately and slowly, beating constantly. If it curdles add more yolk of egg and beat. It is well to have bowl containing dressing in a larger bowl containing cracked ice. A dover egg beater may be used. When thoroughly blended add chopped pickles, onions, celery, and red peppers.

Alberta Cordier (Theta).

Thousand Island Dressing

Chop fine:

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| 1 green pepper | 2 hard-boiled eggs |
| 3 pimientos | a little chives, if procurable |

Add to:

- 1 pint mayonnaise
- $\frac{1}{2}$ pint chili sauce and catsup mixed
- a little grated horseradish and Worcestershire sauce
- $\frac{1}{2}$ cup vinegar

Will keep for a long time. When using, add a little fresh cream to quantity desired. Marion Prest (Lambda).

Tarragon Vinegar Dressing

To the yolks of four eggs, well beaten, add four tablespoons tarragon vinegar and pinch of salt. Cook in double boiler, stirring constantly until thickened. When ready to serve add one pint double cream beaten stiff. This serves twenty.

Martha Dever Moulton (Lambda).

Sour Cream Salad Dressing

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| 1 cup sour cream | 2 rounding teaspoons sugar |
| 4 eggs, or the yolks only | $\frac{1}{2}$ cup vinegar |
| 1 rounding tablespoon mustard | |
| salt, paprika, cayenne as desired | |

Beat eggs, add cream, vinegar and other ingredients. Heat in double boiler until it thickens. Edith Rockwood (Lambda).

Oil Salad Dressing

Have everything cold.

Cream thoroughly with fork:

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| 1 teaspoon mustard | butter size of small egg |
| 1 teaspoon salt | add a dash paprika |
| 2 teaspoons sugar | |

Then add: four tablespoons oil and four tablespoons vinegar alternately, being sure to start with oil. When blended add one well beaten egg. Beat with dover beater until stiff.

Margaret M. Jayne (Tau).

Oil Mayonnaise

Stir together two tablespoons flour and two tablespoons olive oil. Add one cup hot water and stir until smooth. Beat in the yolks of two eggs and cool. Squeeze one-half lemon and add enough vinegar to make one-fourth cup. Add one teaspoon salt, one-half teaspoon mustard, a little red pepper. Add this to the first mixture and gradually stir in one cup olive oil until smooth.

Mariel Jones (Kappa).

Mayonnaise

1 teaspoon dry mustard

$\frac{1}{4}$ teaspoon salt

1 egg

juice of $\frac{1}{2}$ lemon

2 teaspoons olive oil

Have bowl and egg very cold. Beat hard with dover egg beater. Add two spoons of oil, beat hard, then add the oil faster till a cup has been used.

Leonora Mann (Lambda).

Mayonnaise Dressing

yolks 3 hard-boiled eggs

1 cup oil

yolks 3 raw eggs

salt, mustard, red pepper and vinegar to taste

Mash cooked yolks until free from lumps. Add salt, mustard and pepper to taste, then the yolks of the raw eggs. Beat thoroughly. Add oil, all at once, beating while it is being poured in. Beat until smooth, then add one tablespoon vinegar or more as desired. The beauty of this recipe is that it is not necessary to add oil drop by drop.

Henrietta Stratton Jaquette (Xi).

Mayonnaise Sauce

Put the yolks of two eggs in a bowl, add one-half teaspoon English mustard (powdered), a pinch of salt, a little cayenne pepper, and a few dashes of vinegar. Work this together with a wooden spoon for a minute or two, then add gradually, one-half pint of olive oil, pouring it in very slowly at the beginning. If the dressing gets too thick add a few more dashes of vinegar to it, working it all the time vigorously so as to obtain a thick sauce at last. Finish with the juice of one-half a lemon. Keep in a cool place.

Marion Prest (Lambda).

Mayonnaise Dressing (Reliable)

yolks of 2 eggs	2 tablespoons boiling water
$\frac{1}{2}$ teaspoon salt	1 cup olive oil
$\frac{1}{2}$ teaspoon mustard	lemon juice or vinegar

Beat yolks of eggs. Add salt, and mustard to taste. Add boiling water. Add olive oil, at first drop by drop, beating constantly. Finally add juice of one lemon or less, according to taste. Vinegar may be used. The mixture will thicken when about three-fourths of a cup of oil has been beaten in.

Ethel Rockwood Phillips (Lambda).

Mayonnaise

1 tablespoon corn starch	$\frac{1}{4}$ cup lemon juice
1 teaspoon salt	1 egg yolk
$\frac{1}{2}$ cup cold water	1 cup olive oil

Cook corn starch, salt, water and lemon juice in double boiler until thick and clear. Cool, add beaten yolk and oil.

Margaret Benton Eichhorn (Lambda).

Mayonnaise (Cooked)

3 small tablespoons flour	$\frac{1}{4}$ cup vinegar
3 small tablespoons oil, mixed	$\frac{3}{4}$ cup water

Cook the above until it boils and becomes a thick mass—then add it gradually to the beaten yolks of three eggs, beating constantly while adding. Add one tablespoon boiling water, add drop by drop one cup of oil beating constantly. Season with lemon, mustard, etc.

Gail H. Luther (Lambda).

Mayonnaise

1 egg yolk	
$\frac{1}{4}$ teaspoon salt	juice of $\frac{1}{2}$ lemon
$\frac{1}{4}$ teaspoon mustard	$\frac{1}{2}$ pint olive oil

Have oil, bowl and egg ice-cold before mixing. Stir dry ingredients into egg. Add the oil drop by drop, stirring constantly. When oil is half used, add a little lemon juice to thin. Then stir in alternately, the remaining oil and lemon juice.

Unsigned.

Golden Salad Dressing

$\frac{1}{4}$ cup pineapple juice	$\frac{1}{3}$ cup sugar
$\frac{1}{4}$ cup lemon juice	pinch of salt
2 whole eggs, beaten	

Mix and boil two minutes. Use on fruit salads.

Eva McFarland (Nu).

Fruit Salad Dressing

3 tablespoons lemon juice	$\frac{1}{2}$ cup sugar
1 whole egg, 1 egg yolk	

Beat egg stiff, add sugar and beat again, add lemon juice. Cook in double boiler until thick, stir constantly. Add one-half pint cream whipped.

Lois T. Pennock (Lambda).

Fruit Salad Dressing

4 tablespoons pineapple juice
4 tablespoons lemon juice
1 tablespoon sugar
2 eggs, yolks and whites separated.

Mix pineapple, lemon juice and sugar. After having beaten the yolks and whites separately, add to mixture. Then boil slowly for five minutes. When cool fold in one cup whipped cream.

Esther Pearson (Nu).

French Parisian Dressing

To the usual French dressing add:

$\frac{1}{2}$ teaspoon sugar
1 tablespoon finely chopped onion
1 tablespoon finely chopped parsley
1 tablespoon finely chopped Spanish red pepper

Eleanor Dickinson Tate (Lambda Nu).

French Dressing

$\frac{1}{2}$ cup strained honey or maple syrup

yolks 2 eggs

juice 2 lemons

1 tablespoon sugar

$\frac{1}{2}$ cup whipped cream

Beat yolks, add honey, sugar and lemon juice. Cook in double boiler. Cool and add whipped cream just before serving.

Unsigned.

French Dressing

3 tablespoons olive oil

$\frac{1}{4}$ teaspoon salt

$1\frac{1}{2}$ tablespoons vinegar

$\frac{1}{8}$ teaspoon Rosa paprika

Mix the salt and paprika in a cup, add a tablespoon of oil. Mix well, then add half of the vinegar, a little at a time, blend and add the remainder of the oil and vinegar alternately.

Mary R. Book (Pi).

French Dressing

Put all in a mason jar and shake well:

$\frac{1}{2}$ cup oil

2 tablespoons grated onion

$\frac{1}{4}$ cup vinegar

1 teaspoon salt

$\frac{1}{3}$ cup catsup

1 teaspoon paprika

juice $\frac{1}{2}$ lemon

2 scant tablespoons sugar

Julia B. Gould (Lambda).

French Dressing

1 tablespoon sugar

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon mustard

$\frac{1}{4}$ teaspoon paprika

small clove of garlic or $\frac{1}{4}$ of onion grated

$\frac{1}{2}$ cup olive oil

2 teaspoons vinegar (Cross and Blackwell's)

Mix dry ingredients and add oil slowly. Beat until thoroughly mixed and add vinegar.

Nell B. Cochran (Chi Sigma).

Chiffonade Dressing

yolk of 1 egg	1 hard-boiled egg
1 cup oil	$\frac{1}{2}$ cup chili sauce
$\frac{1}{3}$ cup vinegar	1 teaspoon paprika
1 green pepper	$\frac{1}{2}$ teaspoon salt
2 pimentoes	1 tablespoon sugar
12 olives or sour pickles	

Beat yolk, add oil and vinegar. Put seasoning into this. Grind pepper, pimento, olives, boiled egg. Beat into oil mixture. Add chili sauce.

Grace Connors Nelson (Lambda Nu).

Cabbage and Nut Salad

Shred crisp cabbage and add pecan meats. Serve with French dressing on a lettuce leaf. Paprika adds color and attractiveness.

Marguerite Stanley (Xi).

Boiled Mayonnaise

$\frac{1}{2}$ teaspoon salt	2 tablespoons sugar
1 teaspoon mustard	$\frac{3}{4}$ tablespoon flour
1 tablespoon melted butter	yolks 2 eggs
$\frac{3}{4}$ cup milk	
$\frac{1}{4}$ cup vinegar	

Mix dry ingredients together, add the beaten yolks, butter and milk. Cook in a double boiler, pouring in the vinegar a little at a time. Stir constantly until the mayonnaise thickens. Thin with cream as used.

Lillian Smith Burwell (Lambda).

Boiled Salad Dressing

3 tablespoons flour	1 teaspoon salt
3 tablespoons sugar	2 eggs
$\frac{1}{2}$ teaspoon mustard	1 cup weak vinegar

Stir over fire until thick and smooth the dry ingredients and vinegar, then add the eggs well beaten. When cold, thin with rich cream.

Gertrude Darrow Chubb (Lambda).

Boiled Salad Dressing

To each egg yolk used take one tablespoon of vinegar.

To four egg yolks use the following proportions of seasoning:

1 tablespoon sugar

$\frac{1}{4}$ teaspoon mustard

$\frac{1}{2}$ teaspoon salt

Beat ingredients together, then boil over water until thick.

After removing from stove, add one teaspoon butter.

This dressing will be very thick. When used, thin to desired consistency with cream, whipped or thin, or with plain milk. For fruit salads use whipped cream, for meats and vegetables, use milk or thin cream. This dressing, if kept in a cool place will keep perfectly for several weeks.

Ina Firkins (Lambda).

LUNCHEON DISHES

Apples Stuffed with Sausage

Core desired number of baking apples and fill with sausage meat. Bake in a moderate oven until tender. Serve on buttered toast.

Marguerite Tupper Way (Lambda Nu).

Boudans

Melt one tablespoon butter and add two tablespoons bread crumbs and one-half cup stock, milk or hot water. Stir until it boils. Take from fire and add two cups chicken or beef, a little parsley, nutmeg, salt and pepper and last, two well beaten eggs. Mix thoroughly and fill cups two-thirds full with this mixture and bake in moderate oven twenty minutes. Set in pan of hot water while baking.

Lenora Mann (Lambda Nu).

Chicken à la King

Melt two tablespoons butter in a frying pan, add one cup mushrooms broken fine, one-half green pepper, cut fine, cook three or four minutes. Add two level tablespoons flour and one-half teaspoon salt, cook until frothy. Then add one pint cream and stir until sauce thickens. Place over hot water and add three cups of finely chopped cooked chicken. Cover and let stand to become very hot. Cream one-fourth cup butter, the yolks of three eggs, one teaspoon of onion juice, one tablespoon lemon juice and one-half teaspoon paprika. Stir this into chicken mixture and continue stirring until egg thickens.

Leulah Hawley (Lambda Nu).

Chicken Crustades

• 1 cup diced chicken	1 tablespoon flour
1 cup milk	celery salt
½ cup chicken broth	salt and pepper
1 tablespoon butter	

Heat butter and stir in flour. Add broth and milk with celery salt, salt and pepper to taste. When this cream sauce is thoroughly

cooked and smooth, add the diced chicken. Pimientoes and mushrooms may be added if desired. Cut four bread boxes 2 inches by two and one-half inches by three inches and scoop out center. Butter the outside and brown in oven. Fill the boxes with creamed chicken and serve hot. This amount serves four.

Jane Cheney Landmesser (Chi).

Chicken Wiggle

1 small can chicken	1 tablespoon flour
$\frac{1}{2}$ can sifted peas	1 pint milk
1 tablespoon butter	1 teaspoon salt

Put butter, flour and salt into a double boiler, blend together, add milk. When this mixture becomes as thick as cream, add the chicken and peas.

Mary R. Book (Pi).

Cheese and Bacon

Mix 1 package of snappy cheese	
1 egg, beaten	pinch mustard
dash paprika	

Spread on four whole slices of bread and lay two strips of bacon on top of each slice. Broil quickly in gas oven.

Theodora Carpenter (Lambda).

Cheese Balls

1 cup grated cheese	salt to taste
$\frac{1}{2}$ cup bread crumbs	paprika
$\frac{1}{4}$ teaspoon mustard	1 egg

Mould into balls, roll in egg and bread crumbs and fry golden brown in deep fat. Will make eight balls size of butter balls.

Cheese Balls

$1\frac{1}{2}$ cups grated cheese	little pepper
$\frac{1}{4}$ teaspoon salt	whites of 3 eggs, well beaten

Beat eggs stiff, beat in lightly the grated cheese, add salt and pepper.

Roll into balls the size of a hickory nut in the hollow of your hand, then roll in the crumbs and drop into hot lard, fry brown. Drain and serve hot, garnish with parsley.

Isabel Hoover (Iota).

Cheese Cones

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|---------------------------------------|-------------------------|
| 1 cream cheese brick | chopped English walnuts |
| $\frac{1}{2}$ as much butter, creamed | chopped parsley |
| 1 tablespoon onion juice | |

Shape in cones, garnish with whole walnuts and parsley.

Ruth H. Gates (Sigma).

Cheese Croquettes

- | | |
|-----------------------------|-----------------------------|
| 1 heaping cup grated cheese | 1 cup cream |
| 1 scant tablespoon mustard | $\frac{1}{2}$ teaspoon salt |
| 2 potatoes, mashed | yolks of 2 eggs |
| dash red pepper | |

butter size of small egg, rubbed with 1 tablespoon flour

Boil all together until it thickens. Pour out on a dish to cool. Mould, roll in egg and crumbs. Fry in deep fat.

Helen Reef (Gamma).

Cheese Custard

- | | |
|------------------------|-----------------------------|
| beat up 4 eggs | 4 tablespoons grated cheese |
| add 1 cup boiling milk | salt, pepper and red pepper |

Pour into small moulds, stirring all the time so the cheese will not settle; stand in pan of hot water, simmer gently until set like custard. Serve on rounds of bread browned in hot butter. Place a custard on each and brown in the oven. Trim with parsley.

Edith Foulke (Lambda Nu).

Cheese Dreams

Make sandwiches of bread and sliced cheese, seasoned with a dash of mustard, salt and paprika. Dip sandwiches in egg, diluted with water, and fry in butter.

Ruth Rosholt (Lambda).

Cheese Fondue

- | | |
|-------------------------------|-----------------------------|
| 1 cup scalded milk | 1 tablespoon butter |
| 1 cup soft stale bread crumbs | $\frac{1}{2}$ teaspoon salt |
| 1 cup grated cheese | 3 eggs |

Pour scalded milk over crumbs, add cheese, salt, cayenne and yolks of eggs; beat and fold in whites, beaten until stiff. If crumbs

are dry add a little more milk to make mixture well moistened when eggs are added. Put into a buttered baking dish and bake twenty minutes in a moderate oven, about fifteen minutes, if individual dishes are used.

Carol Howard (Kappa).

Cheese Relish

4 slices bread, cut thick, well buttered
 $\frac{3}{4}$ pound cheese, grated or put through meat grinder
 1 pint milk
 3 eggs, beaten and stirred in the milk
 salt and pepper to taste

Butter a baking dish, lay in slices of bread, putting cheese between. Pour milk over and bake about twenty minutes.

Mary Bassett Bray (Lambda).

Cheese Soufflé

2 tablespoons flour
 2 tablespoons butter, rubbed together
 1 cup milk
 1 cup cheese, shaved

Cook all together until mixed. Beat three eggs, separately. Add yolks to above mixture. Remove from fire, cool and add the whites. Turn into buttered baking dish and bake until brown.

Maud Reynolds Bryant (Rho).

Cheese Fondue

2 cups milk
 $\frac{1}{2}$ cup bread crumbs
 good pinch soda
 4 eggs
 $\frac{1}{2}$ pound yellow cheese
 mace, salt, pepper, paprika

Soak crumbs in milk with soda for ten minutes, then add beaten eggs, mace, etc. Butter the baking dish. Set dish in pan of water while baking. Bake slowly for thirty minutes with cover on. Remove cover and brown.

Grace Connors Nelson (Lambda Nu).

Clam Fritters

2 dozen chopped clams	4 teaspoons baking powder
1 cup milk	1 cup clam juice

Flour enough to make stiff pancake batter. Fry in frying pan. Pile in a dish putting a little butter, pepper, and salt on each cake. Pour over all the following sauce:

$\frac{1}{2}$ cup clam juice	butter size of walnut
1 cup cream	

Put in saucepan with a little of the above batter and cook two or three minutes. Bertha Wilson Carter (Rho).

Corn Toast

2 tablespoons minced onion, fried in bacon fat until brown
 $1\frac{1}{2}$ tablespoons flour added for thickening
 add 1 can corn and 1 cup milk

Serve hot on hot toast. Enough for six.

Ethel Rockwood Phillips (Lambda Nu).

Corn and Tomatoes Scalloped*A Good Luncheon Dish*

Butter a baking dish and put in alternate layers of canned corn, tomatoes and cracker crumbs. Season each layer lightly with salt and pepper or paprika. Sprinkle fine cracker crumbs and place thin strips of bacon over the top. Bake in the oven. Just before serving, if the bacon has not become crisp, set it under the flame a minute to broil. Helen Adams Bright (Rho).

Crab à la King

1 pound can crab meat	3 tablespoons butter
3 tablespoons flour	1 teaspoon salt
1 pint hot cream or rich milk	Few grains cayenne
$\frac{1}{2}$ bay leaf	Buttered toast
1 tablespoon diced red peppers	
$\frac{1}{2}$ tablespoon diced green peppers	

Melt the butter, add the peppers and one teaspoon chopped onion, if desired. Cook these in butter until tender, then add the flour and seasonings and gradually the milk, stirring constantly. Put in the

bay leaf and let it stand in the sauce until it is ready to be used. Flake the crab meat with fork, stir carefully into hot sauce, arrange on toast, garnish with parsley.

Eleanor Dickinson Tate (Lambda Nu).

Crab Meat

2 hard-boiled eggs, chopped 1 can crab meat

Soak crab meat in one-half cup cream for one-half hour. Make white sauce as for shrimp wiggle, stir in crab meat and eggs. Serve on toast.

Frances Bragdon (Sigma).

Creamed Eggs with Cheese

Poach eggs.

Make thick cream sauce with milk, flour, butter and salt. To one cup sauce add two tablespoons grated cheese. Cook thoroughly and pour over eggs.

Ina Firkins (Lambda Nu).

English Monkey

(For Luncheon or Supper)

1 cup bread crumbs	1 egg
1 cup milk	$\frac{1}{2}$ teaspoon salt
1 tablespoon butter	dash of paprika
$\frac{1}{2}$ cup soft mild cheese, cut in small pieces	

Soak crumbs fifteen minutes in milk. Melt butter, add cheese. When cheese has melted, add soaked crumbs, egg slightly beaten and seasonings. Cook three minutes, serve on toasted crackers.

Edna L. Keyes (Gamma).

Ham and Macaroni Timbales

Scant one-half cup macaroni broken in short pieces, cook until tender (about twenty minutes). Drain in colander and let cold water run through.

To one-half cup boiled ham, chopped fine, add the macaroni, one beaten egg, one-fourth teaspoon salt, two-thirds cup milk and a little butter.

Put in well buttered ramekins (or any small moulds; gem tins will do). Cook until centers feel firm. Serve with tomato sauce. A can of Campbell's tomato soup may be used for the tomato sauce.

Florence Schuyler Thorpe (Lambda).

Ham Trifle

Chop one cup of cold boiled ham, three hard boiled eggs, and five soda crackers. Boil two cups of milk, add to this a good sized piece of butter and thicken with one teaspoon of flour and one teaspoon of dry mustard. Stir into this the chopped ham, eggs and crackers and add a tablespoon of minced parsley. Put in a baking dish and bake for one and one-half hours.

Mae Belle Davis (Rho Sigma).

Scalloped Ham and Eggs

Place first a layer of cold boiled eggs then cold boiled ham chopped fine, in a pan. Cover with white sauce. Sprinkle with bread crumbs, and one tablespoon melted butter. Use one cup of ham to six eggs.

Louella Cordier (Theta).

Jambolaya

Chop enough cold ham (two parts lean, one part fat) together with cold chicken if available, to make one cupful pressed down. Chop fine one medium sized onion and boil gently for one-half hour, with two cups tomatoes, fresh or canned. Add the chopped meat and one scant cup of boiled rice. Season to taste with tobasco or paprika. Butter a baking dish, turn in the above, patting it down with a spoon to make a smooth surface. Dust the top well with rolled cracker crumbs and bake until surface is brown.

Marie C. Vaissade (Gamma).

Japanese Roll

Sift two cups of flour twice with three teaspoons of baking powder and one of salt. Chop into this two tablespoons of lard and one of butter. Moisten with milk (about one-half cup) and roll out one-half an inch thick into oblong shape. Spread with chopped cooked meat, well seasoned and moistened with stock. Roll up like jelly roll, brush over with milk and bake in moderate oven.

Gertrude White (Rho Sigma).

Lima Beans and Cheese

2 cups dried Lima beans	1 cup cheese
2 peppers, chopped	salt

Soak beans over night. Boil until done. Bronze peppers in a piece of butter size of egg. Pour on beans. When well heated add cheese.

Helen Adams Bright (Rho).

Lobster à la Newberg

$\frac{1}{2}$ cup sherry	yolks of 3 eggs
2 cups lobster	1 cup cream
salt and pepper to taste	

Heat cream and add yolks gradually, stirring constantly. When sauce is thickened, add lobster and sherry.

Harriet E. Watermann (Chi).

Lunchettes

Toast slices of bread lightly and butter them. Place on each a thick slice of tomato plentifully salted. Sprinkle over the tomato a mixture of finely chopped onions and peppers. Cover with a slice of Neufchatel or other cream cheese. Set in a hot oven. Remove as soon as the cheese melts and serve at once. Melted butter may be poured over the cheese if a richer dish is required.

Juanita Williams (Lambda).

Macaroni

Cook one-half cup macaroni. Pour cold water over it. Pour one cup scalding hot milk over one large cup soft bread crumbs.

add $\frac{1}{2}$ cup butter	1 teaspoon salt
1 pimento chopped fine	$\frac{1}{2}$ cup grated cheese
1 tablespoon chopped parsley	3 eggs
1 teaspoon onion juice	

Pour this over macaroni. Put in buttered baking dish. Set dish in pan of hot water. Bake one-half or three-quarters of an hour.

Italian Macaroni

1 slice of shoulder pork	1 cup macaroni
1 pint of canned tomatoes	grated cheese
1 onion, salt, cayenne pepper	

Cut the pork in cubes and brown in spider with onion cut up fine. Add hot water and simmer for one-half hour. Boil macaroni twenty minutes and blanch. Heat tomatoes in a kettle. Add pork and stock, macaroni and salt and cayenne, cook slowly for two hours, adding water as needed. Turn into casserole, cover with grated cheese and bake one-half hour. The tomato should not be added until meat and macaroni are ready to bake. Some sort of chili pepper is better to use than cayenne pepper.

Harriet Moore Pier (Lambda Nu).

Meat Nests with Peas

1½ pounds round steak	¼ teaspoon salt
1 egg	¼ teaspoon pepper
½ cup cream	1 tablespoon flour
1 can drained peas	

Grind meat (add a little onion if desired) add seasoning, egg, cream and flour. Form nest in baking dish and add peas. Season peas with lots of butter, salt and pepper. Bake forty minutes. These make nice individual nests baked thirty minutes in greased muffin tins.

Florence Schuyler Thorpe (Lambda).

Cold Meat Pudding

1 egg	½ teaspoon chopped parsley
1 cup milk	1 boiled onion, chopped fine
½ cup flour	½ teaspoon salt
pepper	

Mix well until smooth. Chop one-half pound cold meat and add to the batter. Put into buttered pudding dish, and bake thirty minutes. Turn out and garnish with parsley. Serve with brown sauce.

Edna Judson Wilde (Lambda).

Nut Roast (Good Substitute for Meat)

2 cups ground walnuts 2 eggs, well beaten
2 cups ground bread crumbs $\frac{1}{4}$ pound butter
sage, pepper, onion and salt to taste

Moisten bread crumbs thoroughly with boiling water, add butter, ground onion, seasoning and beaten egg, mix well. Bake in buttered dish about one-half hour. Turn out on platter and serve with tart jelly or tomato sauce.

Florence Schuyler Thorpe (Lambda).

Onion Pie

Make crust as for ordinary pie. Slice onions, add beaten egg, milk or cream, small pieces of uncooked bacon. Season. Put in crust and bake. Excellent meat and vegetable dish combined and rich in taste.

Blanche Garten (Kappa).

Little Pigs in Rice

2 cups rice boiled until done

1 can tomatoes cooked about twenty minutes, or until they begin to thicken. While cooking season with salt, pepper, sugar and butter. Boil one and one-half pounds of little pig sausages fifteen minutes. Butter a baking dish, put in the rice and tomatoes, well mixed. Place the sausages on the rice and bake in the oven until sausages are brown.

Lillian Smith Burwell (Lambda).

Potato Patty Shells

sweetbreads and mushrooms
3 cups mashed potato, seasoned to taste
1 egg

Shape like patty shells, cover with fine cracker crumbs and fry to a light brown in deep fat. Use frying basket to keep shells in shape. Fill with creamed sweetbreads, mushroom or chicken. Serve with a small mould of cucumber jelly.

Mrs. J. H. Long (Sigma).

Salmon Toulette

One and one-half cups picked salmon. Add chopped white and yolk of four hard boiled eggs. Put in a saucepan three tablespoons each of butter, flour, and when melted add one and one-half cups milk (or milk and cream). Season with salt and paprika. Stir in fish and eggs and put in scallop shells. Spread over with buttered bread crumbs. Shrimp, halibut, or codfish may be used in place of salmon.

Salmon Newburg

yolks of 5 eggs

1 pint thin cream, cooked until like heavy cream

1 can salmon

add salt, pepper and lemon juice

Add canned peas that have been thoroughly rinsed in cold water.
Serve on crackers. Esther C. Dunn (Chi).

Scalloped Meat

Cook six eggs twenty minutes in water at boiling heat, but do not boil. Then separate yolks and whites, chopping latter. Make a white sauce, using two cups milk, two tablespoons butter, two tablespoons flour. When cooled add chopped whites. Moisten one cup cracker crumbs with one-third cup melted butter and add one cup cold chopped ham, tongue, poultry or fish. In a dish put one layer crumbs, then layer white sauce, then minced meat, then yolks rubbed through a sieve, then crumbs again and so on until all is used. Season with salt and pepper. Have layer of crumbs on top and brown in oven.

Marion Roberts (Sigma).

Shrimp à la Newberg

Make a cream sauce of one heaping tablespoon butter, two tablespoons flour and two cups of milk. Drain a can of peas and add to sauce, then two cans of shrimp, juice and all. Season with salt and paprika. Heat through, remove from stove and break in an egg, beating well. Serve on toast.

Helen Gage (Sigma).

Shrimp Wiggle

Make a white sauce of one tablespoon butter, one tablespoon flour, three-fourths cup milk. Cook for five minutes after it thickens, add a pinch of salt, and a few grains of pepper. Stir in a can of shrimp and equal quantity of peas and one dozen olives chopped fine. Serve on toast or browned crackers.

Frances Bragdon (Sigma).

Shrimp Wiggle

1 can French peas

1 can shrimp

Melt one tablespoon butter in dish. Add two tablespoons flour and two cups of milk. Cook, season to taste, then add shrimp and peas. Serve at once, with or without toast.

Elizabeth Bowerman (Nu).

Simplified Rarebit

Make a white sauce of two tablespoons flour, two tablespoons butter, two cups cream or milk. Season with salt and paprika. Add one cup grated cheese and stir until cheese is melted. Serve on crackers or toast.

Ruth Rosholt (Lambda).

Spaghetti

Cook one-half pound spaghetti in salted water as usual. Fry one chopped onion in one tablespoon bacon fat and one tablespoon butter, until brown. Add one can Campbell's tomato soup and mix with one-half can water. Boil, add one-half pound grated cheese. Let boil up, pour over spaghetti and bake one-half hour.

Marguerite Stanley (Xi).

Spanish Chowder

1 can tomatoes, drained of some juice.

1 can red kidney beans

1 pound hamburger steak or any left over meat

1 chopped green pepper

1 chopped onion

salt and pepper to taste

Cook five or ten minutes, serve hot.

Marguerite Stanley (Xi).

Spanish Frijolas

- | | |
|---------------------|---------------------------------|
| 1 tablespoon butter | 1 large green pepper or 2 small |
| 1 cup grated cheese | 1 can red kidney beans |

Heat together the kidney beans and the green pepper chopped. Add this to the butter and cheese which have been melted as for a rarebit, salt slightly and bring to a boil. Serve on crisp crackers.

Cecelia E. Otis (Lambda).

Casserole of Rice and Meat

Boil one cup rice. Chop very fine one-half pound of any cold meat, season with one-half teaspoon salt, one-half teaspoon pepper, one saltspoon celery salt, one teaspoon finely chopped onions, one teaspoon chopped parsley, one saltspoon each of thyme and marjoram. Mix well, add one beaten egg, two tablespoons cracker dust, and moisten with hot water or stock enough to pack easily. Butter a small mould, line the bottom and sides one-half inch deep with cooked rice, pack in the meat, cover closely with rice and steam forty-five minutes. Loosen it around the edges of the mould and turn out. Serve with tomato sauce.

Florence Irwin Smith (Rho).

Mock Terrapin

- | | |
|-----------------------------------------|--------------------|
| 2 hard-boiled eggs, cut coarsely | |
| 2 cups cold boiled or roast lamb, diced | |
| 1 tablespoon butter | 1 pint milk |
| 1 tablespoon flour | 1 egg, well beaten |
| 1 tablespoon minced parsley | |
| 1 tablespoon lemon juice | |

Melt butter in double boiler, add flour and rub smooth, add milk. Cook until it thickens, then set off hot fire. Add well beaten egg, parsley, salt, red pepper and nutmeg to taste. Add lamb and hard boiled eggs. Cook slowly long enough to heat meat through, then add lemon juice and serve.

Olive S. Chalmers (Rho Sigma).

Russian Pilaff

1 pound ground meat 2 cups tomatoes
1 cup boiled rice

Sprinkle top with cracker crumbs and small pieces butter. Bake forty-five minutes. Mrs. Truair (Rho Sigma).

Tomato on Toast

$\frac{1}{2}$ can tomatoes 1 tablespoon butter
a little fine onion, salt and pepper

Cook five minutes. Add one teaspoon of cornstarch dissolved in little water. When hot stir in six eggs, beaten. Stir constantly. Add one teaspoon of chopped parsley. Let heat through only. Add more cornstarch and fewer eggs if desired.

Maude M. Case (Lambda Nu).

Tomato Golden Buck

1 tablespoon butter $\frac{1}{2}$ cup strained tomato purée
 $\frac{1}{2}$ pound crumbled cheese a pinch of baking soda
1 teaspoon Worcestershire sauce
1 saltspoon dry mustard salt and paprika to taste

When thoroughly melted and smooth, extinguish the flame and stir in two well beaten eggs. Cover for a moment and serve on hot toast.

Lou Ashley Hubble (Rho Sigma).

Tomato Rarebit

Melt 3 tablespoons butter
add 2 tablespoons flour $\frac{3}{4}$ cup milk

When thickened, add three-fourths cup of strained tomato mixed with one-eighth teaspoon soda; add two cups cheese, cut fine, two beaten eggs; season with salt, cayenne, and mustard; serve on toast.

Gertrude White (Rho Sigma).

Veal Soufflé

Melt one-third cup of butter, add one-third cup of flour, stir until well blended, then pour on gradually two cups of scalded milk. Bring to a boil and add one-half cup soft stale bread crumbs, one

teaspoon salt and one-eighth teaspoon pepper, let simmer two minutes. Remove from fire and add three cups of cold cooked veal, finely chopped, one tablespoon finely chopped parsley and the yolks of three well beaten eggs. Fold in the stiffly beaten whites of three eggs. Turn into a buttered baking dish, set in a pan of hot water and bake in a slow oven until firm. Remove from mould, garnish and serve with a white mushroom sauce.

Neva Lillie (Phi).

Welsh Rarebit

1 cup cheese, diced	few pinches salt and pepper
6 tablespoons cream or milk	yolks of 2 eggs
few pinches of mustard	3 tablespoons butter

Place the cheese, butter, mustard, salt and pepper in the pan. Stir until the cheese has melted slowly and then add milk with egg yolks. Stir until the mixture is thick and smooth. Do not allow it to boil or it will be tough and stringy. Have the whites of the eggs beaten and fold into the mixture after it is done. If this recipe is increased use the blazer of the chafing dish without the water bath.

Claire Willis (Theta).

Welsh Rarebit

1 cup hot milk	1 teaspoon flour
$\frac{1}{4}$ pound grated cheese	1 egg
$\frac{1}{2}$ teaspoon salt	dash cayenne pepper
$\frac{1}{4}$ teaspoon mustard	1 teaspoon butter

Heat milk. Mix grated cheese, flour, mustard, salt, pepper and egg well beaten, in a saucepan, add hot milk slowly. Cook until smooth and creamy. Serve hot on crisp hot toast.

Unsigned (Epsilon).

Yankee Doodle

Fry three medium sized onions in butter until brown. Arrange in baking dish and cover with cubes of raw round steak (about one pound or a little more). Add one can tomatoes, well seasoned, and lastly cover with about twenty sticks of macaroni, which has been cooked in salted water until tender. Cover and bake in moderate oven two hours. About twenty minutes before serving remove cover and let brown.

Lotta Linder Clark (Lambda).

Creamed Mushrooms

6 well beaten eggs

seasoning

1 cup milk

Bake in buttered muffin tins and use in place of toast with creamed mushrooms.

Wash, peel and cut up fresh mushrooms, cook in salted water.

Make a rich cream sauce of butter, flour, and milk. To this sauce add the mushrooms and liquor they have cooked in. Pour this over the individual omelets. This makes a nice luncheon or supper dish.

Leulah Judson Hawley (Lambda Nu).

Minced Tongue and Mushrooms

Make a sauce of one can Campbell's tomato soup, one-fourth cup butter, one-half cup grated cheese, one cup minced tongue, one cup minced mushrooms, onion, Worcestershire sauce, salt and pepper to taste. To this mixture add two well beaten eggs.

Have cooked one package of spaghetti and pour the sauce over the spaghetti. Serve from a chafing dish.

Leulah Judson Hawley (Lambda Nu).

SANDWICHES

Macaroon Wafer

Spread a little cream cheese on a macaroon and put a stuffed olive on the cheese. Serve with afternoon tea.

Ethel Rockwood (Lambda).

Sandwiches to Serve with Cheese Dishes

24 olives chopped fine	$\frac{1}{2}$ cup finely chopped celery
1 teaspoon tomato catsup	$\frac{1}{2}$ cup mayonnaise
a pinch of mustard	Leona Bean (Zeta).

Sandwich Filling

$\frac{1}{4}$ pound dates, stoned and washed
 $\frac{1}{4}$ pound prunes, stoned and washed
 $\frac{1}{4}$ pound figs $\frac{1}{4}$ pound raisins
 $\frac{1}{2}$ cup blanched almonds $\frac{1}{2}$ pound pecans
 $\frac{1}{2}$ cup hickory or Brazil nuts
juice of 2 oranges and 1 lemon, or cherry juice

Run through a meat grinder, alternating fruit and nuts.

Mix to a paste with fruit juice and pack in round moulds or baking powder cans. Set in a cold place until ready for use. Slice thin and use between brown bread or toasted crackers.

Mary E. Bowman (Theta).

Sandwich Filling

1 can shrimp, cut fine	1 bunch celery
$\frac{1}{2}$ cup nuts, chopped fine	salad dressing
	Cecil Kramer (Pi).

Filling for Sandwiches

cream cheese, one-half pound 2 mangoes
 $\frac{1}{6}$ pound English or black walnuts

Put through a food chopper, salt to taste and moisten with vinegar.

Martha Dever Moulton (Lambda).

Sandwich Filling

The following combinations have been successfully used in sandwiches:

1. Chopped pineapple, nuts and a little celery mixed with mayonnaise.
2. Dates and pecans with or without cream cheese or mayonnaise.
3. Sliced pears, nuts and a very little chopped green pepper.
4. Celery and nuts chopped together and mixed with mayonnaise. Especially nice with whole wheat bread.

5. Tomato sandwiches. Slice bread a little thicker than for ordinary sandwiches and cut round. Butter liberally and spread with mayonnaise. Lay a slice of tomato on each piece of bread and sprinkle with salt. A little green pepper and nuts may be added if desired. Cover with bread slices and serve on lettuce leaves with a spoonful of mayonnaise on the top of each sandwich.

Marion Kappes (Sigma).

Sandwich Filling

$\frac{1}{2}$ pound grated Swiss cheese	1 teaspoon dry mustard
4 tablespoons vinegar	$\frac{1}{2}$ teaspoon pepper
4 tablespoons melted butter	yolks of 2 hard boiled eggs
1 teaspoon salt	

Stir to a paste and spread on thin slices of bread.

Marie Barnes Morrow (Lambda).

Toasted Sandwiches

Cut slices of bread into narrow strips. Spread with butter and then with a paste made of chopped nuts, moistened with salad dressing. Put in a hot oven and toast to a light brown. Serve hot. Chopped olives may be added to the filling.

Ruth Rosholt (Lambda).

Strawberry Nut Sandwiches

Spread buttered slices of bread with a paste made of one cup ground nut meats and one-half jelly glass of strawberry jam.

Ruth Rosholt (Lambda).

Pimento Sandwiches

Chop a few slices of pimento with an equal amount of walnuts and hard boiled eggs. Make a paste with salad dressing. Add salt. Spread between thin buttered slices of bread.

Edith Fryer Siebold (Lambda).

Pimento Sandwiches

To one-fourth pound of soft cream cheese add one teaspoon chopped chives, one saltspoon of mixed mustard, and two tablespoons of minced pimento. Add cream and beat until soft and creamy. Spread between thin slices of buttered bread.

Frances Firkins (Lambda).

Luncheon Sandwich

Put the following between two slices of toasted bread in order given: shredded lettuce or cabbage, thin sliced fried ham, salad dressing, a little more lettuce, thin slice cold chicken or roast pork. More salad dressing.

Chopped Ham Filling

Cut bread very thin and spread with finely chopped cold boiled ham, moistened well with cream or mayonnaise.

Norma Rosholt Cammack (Lambda).

Japanese Sandwich

Cook figs until skins are tender. Drain and cool. Chop very fine and add an equal amount of ground nuts. Cut bread very thin and spread with mixture. Serve at "Japanese Tea."

Norma Rosholt Cammack (Lambda).

Ginger Nut Sandwiches

Put through a meat grinder one cup nut meats and one-half cup preserved ginger. Mix to a paste with salad dressing.

Ruth Rosholt (Lambda).

Western Egg Sandwiches

Butter and salt large slices of bread, two slices for each person. For the filling take one egg for each person, beat slightly add raw onion and fried ham, chopped fine. Fry a spoonful at a time. Place between two slices of bread and season. A little melted cheese poured over the whole may be added.

Mrs. H. A. Robinson (Rho Sigma).

Egg Sandwiches

For these use hard-boiled eggs. Chop the whites fine, and press the yolks through a potato ricer. Mix whites and yolks, season with salt and pepper, and moisten with mayonnaise or cream dressing. Butter slices of bread, spread mixture between. Press each piece as you place on top.

Norma Rosholt Cannack (Lambda).

Chive Sandwiches

Slice cucumbers thin and allow them to stand in French dressing one hour. When the sandwiches are prepared, sprinkle cucumbers with chopped chives.

Edith Rockwood (Lambda).

Mock Crab Sandwiches

- 2 tablespoons grated cheese
- 1 tablespoon butter
- $\frac{1}{8}$ teaspoon red pepper
- $\frac{1}{4}$ teaspoon anchovy paste
- 1 teaspoon vinegar
- 1 teaspoon chopped olives or pickles

The above makes filling for about fourteen sandwiches.

Frances Firkins (Lambda).

Chicken Salad Sandwiches

Put through meat chopper, one cup cold chicken. Add one level cup celery, cut very fine, and four tablespoons mayonnaise. Spread between slices of buttered white bread.

Edna M. McKinley (Rho Sigma).

Chicken and Ham Sandwiches

Cream one-third cup butter and add one-half cup each of finely chopped cold boiled ham and cold boiled chicken. Season with salt and paprika. Spread mixture between thin slices of bread.

Frances Firkins (Lambda).

Chicken Sandwiches

Mince the white of roast chicken and mix it with half a cup chopped English walnuts and one-half cup French mushrooms, season to taste with pepper and salt and moisten with melted butter. Put the mixture between slices of whole wheat bread.

Cora Mae Jones (Nu).

Pecan Cheese Wafers

Take small, crisp crackers and place on each a thin slice of good New York cream cheese, cut in the same shape, but slightly smaller than the cracker. On each piece of cheese, put four pecan kernels, flat side down. Place in a rather hot oven and toast from two to four minutes. The oven should be briskly hot so as to melt the cheese and toast the nuts, but not hot enough to brown crackers. A nice luncheon dish to serve with celery hearts.

Margaret Van Bergen (Lambda).

Cheese and Olive Sandwiches

Cream one cake of Blue Label cheese by adding a little sweet or sour cream. Season with a little cayenne and add one-half pint of olives chopped fine. Chopped nuts may be added if desired.

Elsie Foulke Haney (Lambda).

Cheese and Pickle Sandwiches

1 small onion

9 olives

1 green pepper

1 cup grated cheese

1 chow chow pickle

Chop the various ingredients. Add enough mustard dressing from the chow chow to make a paste. Spread not too thickly on thin slices of bread.

Frances Firkins (Lambda).

Cheese and Nut Sandwiches

Chop Swiss cheese, mix it with an equal quantity of chopped nut meats, add salt and a dash of cayenne; spread between slightly buttered slices of bread. Cut in rounds or triangles.

Frances Firkins (Lambda).

Toasted Cheese Sandwich

Put a slice of American cheese between two slices of bread and fry in butter in a hot spider until brown. Served with a fruit salad these make a substantial luncheon dish.

Harriette Lewis (Upsilon).

Cheese Canapés

white of 1 egg beaten very stiff

1 cup cheese, finely crumbled or grated

1 saltspoon of salt

speck of cayenne

Remove crusts from one-half inch slices of bread and heap with cheese mixture. Cut into three strips and bake about ten minutes or until cheese browns and bread toasts.

Nell Cochran (Sigma).

Rolled Bread

Use for this, fresh, warm bread cut very thin. Spread with creamed butter, roll and tie each with baby ribbon to keep them in shape. It is better to butter loaf before cutting off slice.

Norma Rosholt Cammack (Lambda).

Wafers to Serve with Tea

Mix such portion of a cream or a Neufchatel cheese as is desired with cream, a few grains of salt and a dash of paprika to make a soft mixture but one firm enough to hold its shape. When ready to serve, toast some crackers, put a spoonful of the cheese on each with a slice of stuffed olive on the cheese. With a pastry bag and tube the cheese may be given a star shape.

Norma Rosholt Cammack (Lambda).

Cinnamon Toast

Cut narrow slices of bread. Toast on one side, then spread the untoasted side with a mixture of butter creamed with sugar and cinnamon.

Place in the oven for a few minutes until the mixture is melted. It is better to turn out the gas and let the heat of the oven melt the mixture.

Margaret Frisbie Wood (Lambda Nu).

EGGS, CEREALS, AND BREAKFAST DISHES

Shredded Wheat Biscuit for Breakfast

Warm the biscuit in the oven to restore crispness—don't burn—pour hot milk over it, dipping the milk over it until the shreds are swollen; then pour a little cream over the top of the biscuit. Or serve with cold milk or cream, according to individual taste.

Crumb Pan Cakes

1 cup sour milk	1 teaspoon salt
1 cup sweet milk	2 tablespoons melted shortening
1 cup bread crumbs	1 egg
1 teaspoon soda	

Stiffen with white flour enough to make batter. Beat well.

Adelaide Conners (Lambda Nu).

Quick Waffles

3 cups flour	3 eggs
2 cups milk	1 teaspoon salt
1 tablespoon butter, melted	
2 teaspoons baking powder, heaping	

Add to well beaten yolks, the flour, milk and salt; beat well, add butter and, last, the well beaten whites of eggs and baking powder.

Ethelwyn J. Maloney (Psi Phi).

Pan Cakes

3 cups rich sour milk	salt to taste
3 level teaspoons soda	

Add enough uncooked cream of wheat to make a pan cake batter. Allow the batter to stand fifteen minutes before using so the cream of wheat will swell. If this batter is too thick after standing, thin with sweet milk.

Bake on hot griddle.

Ruth Palmer Confer (Lambda Nu).

Waffles

- | | |
|----------------------------------|-----------------|
| 1 tablespoon butter | 1 pint flour |
| 1 teaspoon sugar | 1 teaspoon soda |
| 1 egg | 1 teaspoon salt |
| 1 heaping teaspoon baking powder | |
| 2 tablespoons corn meal | |
| 1 pint buttermilk or sour milk | |

Mix dry ingredients and sift into wet mixture.

Ruth Harrison Danforth (Lambda).

Breakfast Kommelariom

- | | |
|--------------------------|-----------------------------|
| 2 quarts boiling water | 1 large cup chopped raisins |
| 3 large cups rolled oats | 1 large cup chopped dates |
| 1 large cup chopped figs | 1 large cup chopped walnuts |
- Salt to taste. Cook all night in fireless cooker.

Eleanor Simpkin (Pi).

Gnocchi of Farina

- | | |
|-----------------------------|---------------|
| 1 pint milk | 1 egg |
| $\frac{1}{2}$ cup farina | butter |
| $\frac{1}{2}$ teaspoon salt | grated cheese |

Put the milk in a double boiler, and when hot add the salt, and stir in slowly the farina, or cream of wheat. Cook ten minutes, remove from the fire and add at once the beaten egg. Pour into baking powder cans or jam jars and stand aside until cold and firm. Turn out and slice. Butter a baking dish and lay the rounds of farina in layers, alternating with grated cheese and butter. When the dish is full cover with grated cheese and bits of butter, and brown in oven. Can be served with tomato sauce.

Edna Judson Wilde (Lambda).

Spanish Omelet

- | | |
|---------------------------|-------------------------------|
| 4 eggs | 1 or 2 green peppers |
| 4 tablespoons warm water | $\frac{1}{2}$ can of tomatoes |
| 1 tablespoon minced onion | salt and pepper to taste |

Beat eggs with water until blended. Season with salt and pepper. Pour into hot buttered pan. Run knife blade under it until it

becomes creamy. Fold omelet and let it brown. Turn onto hot platter and serve with following sauce:

Sauce

Into frying pan put two tablespoons butter. Add onion and green pepper, cooking slowly five minutes. Pour in tomatoes, mashed. Cook fifteen minutes, season highly. Pour hot over omelet.

Gae Myers Seeley (Theta).

Omelet

1 tablespoon butter	
1 tablespoon flour	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon salt	2 eggs
1 teaspoon butter for frying	

Make a white sauce of the butter, flour and milk. When sauce is cool add the yolks beaten well and whites beaten until stiff. Pour into a hot frying pan and brown. When it is set put into a hot oven for a few minutes to dry. Fold and serve.

Theodora Stark Carpenter (Lambda).

Omelet

6 eggs	6 teaspoons corn starch
1 cup milk	1 teaspoon baking powder

Beat the yolks, add the corn starch, baking powder, milk and a small teaspoon of salt. Fold in the beaten whites. Pour into a skillet in which has been melted a tablepoon butter. Put into a very hot oven, until firm. Fold and serve with tomato sauce, cold sliced tomatoes or jelly.

Edith Dumont Smith (Kappa).

Tomato Sauce

1 pint tomato juice	2 chopped onions
salt, pepper, celery seed, bay, etc., in small quantities	

Thicken with flour and butter and bring to a boil. Pour over eggs.

Ina Firkins (Lambda Nu).

Tomatoes and Eggs

Take juice of one can of tomatoes. Bring to a boil, add pinch of soda and skim. Add salt and pepper to taste and thicken with a little flour. Drop in six eggs and poach. Serve on buttered toast, pouring the sauce over the eggs.

Mabel Lyden (Pi).

Toasted Egg with Cheese

Cut bread in large rounds and toast. Make a wall of grated cheese around edge of toast. Break an egg in the center and cook in hot oven until egg is set.

Frances Bragdon (Sigma).

Swiss Eggs

4 eggs

salt and pepper to taste

$\frac{1}{2}$ cup cream

$\frac{1}{4}$ cup grated cheese

Heat the butter and cream together, break in the eggs whole, sprinkle with salt and pepper. When nearly done, add the cheese. Serve on buttered toast. Strain the cream over the toast.

Mable Bath (Omicron).

Stuffed Eggs for Picnics

Boil six eggs twenty minutes. When cool remove the shell and split open, being careful to keep the white in shape. Place the hard yolks in a bowl, crush with a fork, add one-half teaspoon chopped parsley, one generous tablespoon mayonnaise, and six or eight stuffed olives, chopped very fine. Mix well and stuff back into the whites. Serve in a small basket lined with lettuce leaves.

Edna Judson Wilde (Lambda).

Stuffed Eggs with Tomato Sauce

Devil as many eggs as desired, adding a little chopped ham or crisp bacon to the filling. Place the two halves together again. Dip in egg and bread crumbs twice. Fry in deep fat. Serve with tomato sauce.

Egg Vermicelli

Separate the yolks and whites of two hard boiled eggs. Chop whites very fine and mix with one cup hot white sauce, then pour onto a hot platter. Rub the yolks through a strainer over the top and garnish with triangles of buttered toast.

Antoinette Miklau (Gamma).

Eggs in Pepper Ramekins

Cut green peppers in half and use for ramekins. Remove seeds and parboil until tender. Break an egg into each shell, season and sprinkle with buttered bread crumbs. Bake until eggs are set. Serve with white sauce.

Marion Kappes (Sigma).

Eggs and Olives

Boil six or eight eggs. Remove shells. Cut eggs into thick slices; roll each slice in cracker dust, then in beaten egg, then in cracker dust again and set in the ice chest until the coating stiffens. Fry to a light brown. Transfer to a heated platter and pour over the eggs a rich white sauce into which have been stirred a dozen large olives, minced.

Ethel Elliott Swan (Tau).

Egg in Nest

Separate one egg. Beat white very stiff with one-eighth teaspoon salt. Heap on buttered tin. Make nest or hole in center and carefully slip yolk in without breaking. Season with a little salt and set in oven to bake slowly about ten minutes. Remove carefully to slice of buttered toast. Season with a little butter on yolk and serve at once. Especially good for an invalid.

Verna Cooper (Iota).

Baked Eggs

Take six medium sized tomatoes, cut off tops and remove seeds. Break an egg into each tomato shell and season with butter, salt and pepper. Bake in medium oven about twenty minutes and serve hot.

Maud Mullen (Theta).

Oat Cake (Breakfast)

- | | |
|--------------------------|-----------------------|
| 1 cup rolled oats | 1 teaspoon salt |
| 1 cup white flour | 1 teaspoon sugar |
| 1 egg | milk for stiff batter |
| 1 teaspoon baking powder | |

Spread with knife, thin, on buttered pan and cut in squares to serve.

Christina Van Voorhees Rose (Upsilon).

Rice Griddle Cakes

- | | |
|---------------------------|-----------------------------|
| 2 cups hot boiled rice | |
| 2 cups flour | $\frac{1}{2}$ teaspoon salt |
| 2 eggs | 2 cups milk |
| 4 teaspoons baking powder | |

Stir salt and milk into hot rice. Let cool, then add yolks of eggs well beaten, flour sifted with baking powder, and lastly, whites of eggs beaten until dry.

Grace Johnston (Omicron).

Griddle Cakes

- | | |
|-----------------------------|---------------|
| 1 quart flour | 2 eggs |
| 1 quart milk | pinch of salt |
| 2 tablespoons melted butter | |
| 2 teaspoons baking powder | |

Put baking powder in last. More milk may be needed as batter should be very thin.

Frances Bragdon (Sigma).

Bread Griddle Cakes

- | | |
|---------------------------------------------------------------------------------------|-----------------------------|
| 1 $\frac{1}{2}$ cups fine fresh bread crumbs, soaked in 1 $\frac{1}{2}$ cups hot milk | |
| 2 tablespoons melted butter | |
| 2 well beaten eggs | |
| $\frac{1}{2}$ cup flour | $\frac{1}{2}$ teaspoon salt |
| 3 $\frac{1}{2}$ teaspoons baking powder | |

Mix in order given.

Florence Winterer (Lambda).

BREADS

Dutch Apple Cake

Make a soft biscuit dough with a quart of flour, two tablespoons butter, one-half teaspoon salt, two teaspoons baking powder and sufficient cold milk to mix. Roll out one-half inch thick and lay in flat greased pans. Have ready apples pared, cored and quartered. Press pieces into top of dough in rows, sprinkle with granulated sugar and bake in quick oven. Cut in squares while hot.

Alice Van Voorhes Rose (Upsilon).

Bran Bread

1 quart bran	1 tablespoon sugar
1 cup graham flour	1 teaspoon salt
1 cup white flour	2 teaspoons soda
1 pint sour milk	1 teaspoon baking powder
1 cup molasses	1 egg

Add raisins or nuts if desired. Stir thoroughly. Bake from forty-five to sixty minutes in slow oven.

Louella Elizabeth Cordier (Theta).

Bran Bread

3 cups brand and 3 cups graham flour
1 pint buttermilk or sweet milk
 $\frac{1}{2}$ cup white sugar
 $\frac{1}{2}$ cup Karo syrup
1 teaspoon salt
1 teaspoon soda
1 teaspoon baking powder
3 tablespoons melted lard
1 well beaten egg
1 cup nuts if desired
Bake about an hour in a slow oven.

Annabel Carolyn Teal (Phi).

Bran and Whole Wheat Bread

1 cup bran	$\frac{1}{2}$ teaspoon salt
1 heaping cup whole wheat flour	1 teaspoon soda
1 scant cup seeded raisins, halved	2 tablespoons molasses
$1\frac{3}{4}$ cups sour milk or buttermilk	

Stir all dry ingredients together, then add molasses and milk. Have batter so it will drop easily from the spoon, but not run. Bake slowly about one hour. Florence McGuire (Xi).

Brown Bread

$\frac{1}{3}$ cup molasses	2 cups sour milk
$\frac{2}{3}$ cup brown sugar	2 cups whole wheat flour
3 tablespoons melted lard	2 cups graham flour
$\frac{1}{2}$ teaspoon salt	nuts, raisins
2 teaspoons soda	

Put in oven hardly warm, bake slowly one hour.

Jane Evelyn Thomas (Alpha Zeta).

Boston Brown Bread

1 egg	1 cup sour milk
1 heaping teaspoon soda dissolved	
in 1 tablespoon boiling water	1 cup rye flour
1 cup molasses	1 cup wheat flour
1 cup yellow corn meal	1 teaspoon salt

Beat egg, add milk; add dissolved soda to molasses and beat until foamy; add to egg and milk, then add the dry ingredients. Boil for three hours in covered mould.

Norma E. Sammons (Omicron).

Brown Bread

1 cup sweet milk	
2 cups sour milk	$\frac{1}{2}$ cup molasses
2 cups corn meal	1 teaspoon salt
1 cup flour	2 teaspoons soda

This will make a thin batter. Fill well-greased covered cans half full, steam two hours and bake in a moderate oven thirty minutes.

Jessie Ware Libby (Lambda Nu).

Brown Nut Bread

2 cups sour milk	$\frac{1}{2}$ cup brown sugar
1 cup white flour	1 teaspoon salt
2 cups graham flour	$\frac{1}{2}$ cup broken nuts
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ cup seeded raisins
2 scant teaspoons soda	

Stir the soda into the sour milk and mix with the other ingredients. Grease baking tins well and fill three-fourths full. Let rise one hour and bake one hour.

Harriet D. Moore (Lambda).

Mississippi Corn Bread

1 quart buttermilk	1 tablespoon butter
$1\frac{1}{2}$ quarts Southern corn meal	2 eggs
1 rounding teaspoon soda	

Add soda last, dissolved in a little warm water. Pour at once into a hot greased spider and bake in a quick oven one-half hour.

Alice Scott Ellis (Xi).

Date Bread

Mix one cup of warm wheat mush, one-fourth cup brown sugar, one tablespoon butter, one-half teaspoon salt. When lukewarm add one-fourth yeast cake, dissolved in lukewarm water and enough bread flour to knead. Cover and let rise over night. In the morning, cut down and knead in one cup chopped dates. Let rise and bake in a moderate oven.

Frances Firkins (Lambda).

Date Bread

$\frac{2}{3}$ cup sugar	$1\frac{1}{2}$ cup white flour
1 cup sour milk	1 cup whole wheat flour
1 tablespoon each of butter and lard	
1 egg	1 pound dates
1 small teaspoon soda	nuts if desired
Bake in moderate oven about half an hour.	

Julia B. Gould (Lambda Nu).

German Coffee Bread

1 cup scalded milk	1 egg
$\frac{1}{3}$ cup butter, or butter and lard	
$\frac{1}{4}$ cup sugar	$\frac{1}{3}$ yeast cake, dissolved in
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup lukewarm milk

Add butter, sugar, and salt to milk. When lukewarm, add dissolved yeast cake, egg, well beaten, and flour to make a stiff batter. Cover, let rise over night and in morning spread very thin in buttered dripping pan. Cover and let rise again. Before baking, brush over with beaten egg, and cover with following mixture: melt three tablespoons butter and one-third cup brown sugar. When sugar is partially melted, add three tablespoons flour. Bake about fifteen minutes.

Marion Kappes (Sigma).

Graham Bread

2 cups buttermilk	2 tablespoons molasses
1 teaspoon baking soda	1 teaspoon salt

Mix and stir in two cups graham flour. Bake in slow oven one hour.

Florence M. Sylvester (Lambda).

Graham Bread

4 cups graham flour	2 tablespoons brown sugar
$3\frac{1}{2}$ cups white flour	$\frac{1}{2}$ cup lukewarm water
2 tablespoons molasses	1 heaping teaspoon salt
3 cups lukewarm milk	$\frac{1}{2}$ teaspoon soda
1 cake yeast	2 tablespoons butter

Mix together the dry ingredients, rub in the butter. Add the molasses with the soda dissolved in it. Add the lukewarm milk and the yeast dissolved in the lukewarm water. Knead the dough well for twenty minutes. Cover and set to rise. Form into two loaves, put into pans and let rise again. Bake in a moderate oven for an hour and a quarter.

Florence Dyer Kahn (Chi Sigma).

Graham Bread

2 cups sour milk	1 teaspoon salt
1 cup sugar	2 teaspoons baking powder
1 cup white flour	graham flour
1 teaspoon soda	

Mix flour and baking powder and soda. Mix all ingredients. Add enough graham flour to make quite stiff as a "drop" batter. Bake three-fourths hour. This makes two small loaves.

Adelaide Conners (Lambda Nu).

Nut Bread

2 eggs	1½ cups milk
1½ cups sugar	4 cups flour
1 cup finely chopped English walnuts	
4 teaspoons baking powder	

Let rise twenty minutes and bake one hour.

Jeanette Hand Sherman (Psi Phi).

Nut Bread

2 cups graham flour	½ cup sugar
2 cups white flour	2 cups sweet milk
⅔ cup English walnuts	1 egg
4 rounded teaspoons baking powder	

Sift flour and baking powder. Cream egg and sugar. Add milk, then flour and stir well, then add nuts. Bake about one hour.

Gertrude Darrow Chubb (Lambda).

Nut and Date Brown Bread

½ cup brown sugar	2 cups white flour
½ cup corn syrup or molasses	2 cups graham flour
2 cups sweet milk	1 teaspoon baking powder
1 teaspoon soda dissolved in ⅓ cup luke warm water	
1 pound dates, cut in thin strips	} floured
1 cup walnuts, broken coarsely	

Mix in order given and bake in slow oven one and one-half hours. Two burners turned on for first fifteen minutes and one burner turned low for remaining time.

Grace Ware Chambers (Lambda).

Oatmeal Bread

Put one cup rolled oats in two cups boiling water. Add one tablespoon butter. When lukewarm, add six cups white flour, one-third cup molasses, pinch of soda, one yeast cake, soaked in a little warm water. Let rise over night. In the morning knead and put in tins. Let rise and bake slowly.

Bertha Wilson Carter (Rho).

Peanut Butter Bread

2 eggs	$\frac{1}{2}$ teaspoon salt
2 cups white flour	$\frac{1}{2}$ cup sugar
1 cup sweet milk	2 teaspoons baking powder
1 cup peanut butter	

Rub dry ingredients together except flour, which is added last. Eggs beaten light. Bake thirty minutes in moderate oven. Makes one loaf.

Blanche Garten (Kappa).

Pettijohn's Bread

Shake a little salt in a quart of warm water, add one yeast cake and one-half package Pettijohn flour. Let it rise. Add one egg, butter the size of an egg, one-half cup sugar, one-half cup walnuts, and white flour enough to stiffen.

Elaine Shields (Xi).

English Raisin Bread

2 cups flour	$\frac{1}{2}$ cup currants
4 teaspoons baking powder	dash of grated nutmeg
2 tablespoons shortening	1 egg
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ cup raisins	

Mix dry ingredients, cut the shortening into this. Add fruit. Beat whole egg and add milk to it. Combine the two mixtures as in baking powder biscuit. Put in greased pan and bake in a medium oven from forty to forty-five minutes.

Olive M. Brink (Sigma).

Old Fashioned Raisin Bread

- | | |
|--------------------------------|-------------------------------------|
| 1 cup milk, scalded and cooled | |
| 1 cup luke warm water | 2 tablespoons shortening |
| 1 compressed yeast cake | 1 teaspoon salt |
| $\frac{3}{4}$ cup sugar | $1\frac{1}{2}$ cup seedless raisins |

Make a sponge of water, milk, lard or butter, yeast, sugar, salt, and two cups of flour. Beat until smooth. Cover and set to rise in warm place until light. When well raised add raisins and remaining flour or enough to make moderately soft dough. Knead lightly, place in well greased bowl, cover and let rise until double its bulk. Form into loaves, half fill well greased pans, cover and let rise five minutes.

Grace Ware Chambers (Lambda).

Snickerdoodle

- | | |
|-----------------------------------|----------------------------|
| $\frac{1}{2}$ cup butter and lard | |
| 1 cup sugar | $2\frac{1}{2}$ cups flour |
| 1 egg | a little salt |
| 1 cup milk | $\frac{1}{2}$ cup currants |
| 2 teaspoons baking powder | |

Before baking sprinkle with cinnamon and sugar. Bake twenty minutes.

Contributed.

Southern Corn Meal Spoon Bread

Scald with boiling water one cup of corn meal and then make quite thin with butter milk. Add salt and soda, one-half teaspoon of each, two tablespoons of melted butter and one well beaten egg. Cook in greased pudding dish for twenty minutes. A favorite dish in the South for breakfast, eaten with butter or steak gravy.

Mrs. Mary Comfort Leonard (one of Delta Gamma's Founders).

Scotch Short Bread

- | | |
|----------------------------|----------------------------------|
| $\frac{1}{2}$ pound butter | $\frac{1}{2}$ cup powdered sugar |
| 2 cups sifted flour | |

Cream butter and sugar. Add one cup flour and stir until flour is all worked into the butter and sugar. Take the bread board and put the second cup of flour on the board and work this into the dough.

When the flour is all worked in sprinkle a little additional flour on the board and roll the dough into a sheet about one-half inch thick.

Cut with a cookie cutter or leave in sheet, marking off squares with a fork.

Bake on the bottom of a dripping pan or cookie sheet, first putting a piece of unbuttered white paper on the pan. Bake in a slow oven for thirty minutes, but do not brown. Should be almost white or butter colored. When done sprinkle with powdered sugar.

Rae Goodnow Hensel, (Lambda Nu).

Rolls

Cinnamon Rolls

2 cups flour 2 tablespoons lard

2 heaping teaspoons baking powder

1 beaten egg added to $\frac{1}{2}$ cup milk

Roll out and spread with melted butter, sugar and cinnamon, then roll up and cut into pieces the desired thickness.

Miriam Starrett (Kappa).

French Rolls

Prepare dough as for bread and work in one-fourth pound butter and one-fourth pound sugar. Add four well beaten eggs, form into rolls and put in buttered baking pan. Let them rise half an hour, brush top with beaten egg and bake.

Mrs. J. C. Elliott King (Lambda).

Hot Cross Buns

1 cup scalded milk

$\frac{1}{4}$ cup sugar $\frac{3}{4}$ teaspoon cinnamon

$\frac{1}{2}$ yeast cake dissolved in $\frac{1}{4}$ cup luke warm water

2 tablespoons butter 3 cups flour

$\frac{1}{2}$ teaspoon salt 1 egg

$\frac{1}{4}$ cup cut up raisins or currants

Mix butter, sugar, salt and milk. When luke warm add dissolved yeast cake, cinnamon, flour, and egg (well beaten). When thoroughly mixed add raisins and cover. Let rise over night. In morning shape and form into large biscuits. Place in greased pans

one inch apart. Let rise, brush over with beaten egg. Let bake twenty minutes (sprinkle with a little sugar and cinnamon after brushed with egg).

Mildred Lawrence (Alpha Delta).

Light Rolls

Make a sponge of one cake compressed yeast, one-half cup warm milk and flour enough for stiff batter. Let rise until double its size.

add: 2 eggs, whites beaten

$\frac{1}{4}$ scant cup sugar

$\frac{1}{3}$ cup lard

$\frac{1}{2}$ teaspoon salt

$1\frac{1}{2}$ cups warm milk

Add more flour to make stiff and let rise again. Form into rolls, let rise and bake. These require no kneading.

Breta Bills (Kappa).

Luncheon Rolls

Add one-fourth cup butter, one and one-half tablespoons of sugar and one-half teaspoon salt to one cup of scalded milk. When mixture is lukewarm add one cake of yeast, dissolved in one-fourth cup of lukewarm water, the white of one egg well beaten and three and three-fourths cups sifted flour. Knead, let rise. Shape by cutting with large biscuit cutter, spread with melted butter, fold over. Let these rise and then bake in a moderate oven for about twenty minutes. This makes two dozen rolls.

Beulah Guthrie Rice (Phi Omega).

Parker House Corn Rolls

Sift together, one and one-fourth cups white flour, three-fourths cup corn meal, two teaspoons baking powder, one-half teaspoon salt, one tablespoon sugar. Cut in two tablespoons butter as in pastry. Add one beaten egg to one-half cup milk and turn into the dry ingredients, making a soft dough that can be handled. Add more milk if necessary. Turn on to a floured board, toss lightly and roll out, cut one-half inch thick with biscuit cutter. Put bits of butter in center of each and fold opposite edges to meet in center. Brush top with milk and bake in quick oven fifteen minutes.

Helen Berkman Judd (Lambda).

Penny Rolls

Pour two cups boiling water over

2 tablespoons lard

1 teaspoon salt

$\frac{1}{2}$ cup sugar

When cool add one compressed yeast cake and one egg, well beaten. Make as stiff with flour as you can stir with a spoon. When twice its bulk, make into small balls and raise in muffin pans. When very light bake seven minutes in hot oven. This can be kept in cold place in winter or in ice chest in summer and made into rolls and raised and baked as desired.

Elsie Irvine Sovereign (Sigma).

Potato Rolls

1 cup flour

1 cup milk

1 cup mashed potatoes

$\frac{1}{2}$ cup sugar

$\frac{3}{4}$ cup lard

2 well beaten eggs

pinch of salt

1 cake compressed yeast, dissolved in $\frac{1}{2}$ cup lukewarm water

Mix flour, lard, potatoes, sugar, salt. Add eggs, then milk and, lastly, yeast. Let it rise for two hours. Make into soft dough by adding about one quart of flour and set to rise again. Roll thin, spread with softened butter. Cut with small cutter. Place two rounds together, one on top of the other. Bake in quick oven.

Martha Dever Moulton (Lambda).

Tea Rolls

2 quarts sifted flour

1 cake compressed yeast, dissolved in lukewarm milk

1 heaping teaspoon salt

2 tablespoons powdered sugar

$\frac{2}{3}$ cup butter

lukewarm milk enough to make a moderately stiff dough

Set to rise about two P. M. When well risen, make into rolls and set them to rise. Bake in quick oven from twenty minutes to one-half hour. If wanted for breakfast, set over night with one-half cake yeast.

Leonora Mann (Lambda).

Zweiback

In the evening cook two good sized potatoes to make one pint of potato water, using potato and all. When cool add two heaping tablespoons of sugar and a cake of Fleischman's yeast (dissolved).

Let stand over night in a warm place. Next morning add:

1 cup milk

$\frac{1}{2}$ teaspoon soda (dissolved in water)

$\frac{1}{2}$ pound butter

1 cup sugar

1 teaspoon salt

2 well beaten eggs

Add flour to make a soft dough, let rise until double its size, knead into loaves and let rise again until double its size. Bake in hot oven one hour.

When baked and cool, cut into slices and bake to a golden brown.

Pearl McDonnell (Beta).

Biscuits

Baking Powder Biscuits

2 teacups flour

2 rounding tablespoons lard, rubbed into flour

$\frac{1}{2}$ teaspoon salt

2 teaspoons baking powder

sweet milk, to make a soft dough

Mix with a spoon. Bake quickly.

Helen Leslie (Omega).

Cheese Biscuit

2 cups flour

4 level teaspoons baking powder

$\frac{1}{4}$ teaspoon salt

paprika to suit

2 tablespoons butter

1 cup milk

1 cup grated New York cheese

Bake about twenty-five minutes. These are nice with salads or for Sunday night lunch.

Julia B. Gould (Lambda Nu).

Egg Biscuits

Sift together one pint flour and one full teaspoon baking powder. Rub into this one tablespoon butter. Add one well beaten egg, one level teaspoon sugar and one-half teaspoon salt. Mix together quickly with one-half cup milk or more if needed. Roll to one-half inch thickness, cut into biscuits and bake in a quick oven about fifteen minutes.

Christina Van Voorhes Rose (Upsilon).

Ginger Biscuit

$\frac{1}{2}$ cup butter	1 teaspoon soda
$\frac{1}{2}$ cup molasses	1 teaspoon cinnamon
$\frac{1}{2}$ cup sour milk	1 teaspoon ginger
$\frac{1}{2}$ cup sugar	1 egg
flour to make a cooky batter	

Roll thick, cut, and bake.

Ethel Elliott Swan (Tau).

Grandma's Sweet Biscuit

2 cups brown sugar	1 rounded teaspoon soda
2 cups thick sour cream	$\frac{1}{2}$ teaspoon salt
2 teaspoons allspice	

Mix soft and roll about one-half inch thick.

Louise Cady Loft (Lambda Nu).

Tea Biscuits

1 pint luke warm milk
$\frac{1}{2}$ cake compressed yeast, dissolved in
$\frac{1}{2}$ cup warm water
scant $\frac{1}{3}$ cup of butter or other shortening
1 tablespoon sugar
1 teaspoon salt
1 egg, well beaten

Mix these ingredients together. Add flour to make a stiff dough, let rise over night. Knead down and let rise again. Roll out in a sheet one inch thick and cut with a biscuit cutter.

Fold over with a piece of butter in the fold. Let rise until very light and bake in a quick oven fifteen or eighteen minutes.

Orra Firkins (Lambda Nu).

Gems and Muffins

Bran Gems

2 cups table bran	2 tablespoons molasses
2 cups flour	1 teaspoon salt
2 cups sour milk	1 egg
2 teaspoons soda	

Bake in gem pans in hot oven.

Emma Hinsdale (Rho).

Chocolate Gems

1 cup sugar	1 egg
2 tablespoons butter	$\frac{1}{2}$ cup cold water
2 tablespoons cocoa	$\frac{1}{2}$ teaspoon salt
1 small teaspoon baking powder	1 cup flour

Frances Firkins (Lambda).

My Mother's Graham Gems

1 pint graham flour	1 egg, beaten
1 heaping teaspoon baking powder	
1 tablespoon lard	1 cup milk
pinch salt	

Pour milk into egg, then add flour. Have pans greased and oven hot. Bake ten or fifteen minutes.

Hazel Whitaker Vandenberg (Xi).

Muffins

2 cups flour	2 tablespoons melted butter
4 teaspoons baking powder	1 cup milk
$\frac{1}{2}$ teaspoon salt	1 egg
2 teaspoons sugar	Cornelia Lindsey (Kappa).

Bran Muffins

2 cups bran	1 small teaspoon soda
1 cup graham flour	1 cup milk
$\frac{1}{2}$ cup molasses	1 egg
salt	

Bake in gem pans twenty to thirty minutes.

Norma Rosholt Cammack (Lambda Nu).

Blueberry Muffins

2 tablespoons butter	1 cup sweet milk
1 tablespoon sugar	2½ cups flour
2 eggs	1 cup blueberries
2 teaspoons baking powder	

Mix butter and sugar until creamy, then add eggs, beaten light. Sift baking powder with flour and add flour alternately with the milk, then add berries dusted with flour. Bake thirty minutes. (Huckleberries may be substituted for blueberries in this recipe).

Frances Firkins (Lambda).

Blueberry Cake or Muffins

1 egg	½ teaspoon salt
1 cup sugar	1¾ cups flour
1 cup sour cream	1 cup blueberries (floured)
1 scant teaspoon soda	

Mix egg and sugar, beat well. Then add cream, soda, salt, flour. Add berries last and stir lightly. Bake in small dripping pan or muffin tins. Eat while fresh.

Adelaide Connors (Lambda Nu).

Corn Muffins

1 egg	1 cup flour
¼ cup sugar	1 cup corn meal
2 cups milk	1 teaspoon salt
2 teaspoons baking powder	2 tablespoons melted butter

Elizabeth McDowell (Omicron).

Date Muffins

1 cup milk	1 egg, beaten
½ teaspoon salt	2 tablespoons sugar
2 cups flour	2 tablespoons shortening
2 teaspoons baking powder	
⅓ cup dates, chopped	

Pour in muffin pans and bake.

Helen Adams (Rho).

Potato Flour Muffins

4 eggs	1 teaspoon baking powder
pinch of salt	2 tablespoons ice water
$\frac{1}{2}$ cup white potato flour	1 tablespoon sugar

Beat whites of eggs very stiff and dry. Add salt and sugar to beaten yolks and fold into whites. Sift flour and baking powder twice and thoroughly beat into egg mixture. Add ice water last. Bake in a moderate oven from fifteen to twenty minutes.

Whole Wheat Muffins

$\frac{1}{2}$ cup whole wheat flour	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup white flour	2 teaspoons baking powder
$\frac{1}{3}$ cup milk	$1\frac{1}{2}$ tablespoons shortening

Sift flour and baking powder and salt, and rub in shortening. Add the milk. Bake in hot oven for twenty minutes.

Margaret Denfeld Hudson (Lambda).

Pop-Overs

Beat two eggs with dover egg beater, then add one cup milk and one cup flour with pinch of salt. Beat again very thoroughly and bake in well greased muffin pans in hot oven.

Edna Mae Bell (Rho).

Pop-Overs

1 cup flour	$\frac{1}{4}$ teaspoon salt
1 cup milk	1 egg
1 teaspoon melted shortening	

Sift flour and salt into a bowl. Beat egg and mix milk with it. Add half of this to the flour and beat until free from lumps. Stir in the rest of the liquid, also the shortening. Beat with dover egg beater, two minutes. Pour into well greased, hissing hot, iron gem pans and bake in hot oven from twenty to twenty-five minutes.

Antoinette Miklau (Gamma).

Graham Muffins

1 egg	1 cup flour
$\frac{1}{4}$ cup sugar	1 cup graham flour
2 cups milk	1 teaspoon salt
2 teaspoons baking powder	2 tablespoons melted butter

Elizabeth McDowell (Omicron).

PIES AND PASTRY

Pastry

1 cup flour	pinch of salt
4 tablespoons lard	pinch of soda
3 tablespoons cold water	

Alice Moss (Mu).

1, 2, 3 Pie Crust

1 cup flour	3 tablespoons water
2 heaping tablespoons lard	salt

Marguerite French (Zeta).

Pie Crust

1 cup flour	$\frac{1}{4}$ teaspoon baking powder
$\frac{1}{4}$ teaspoon salt	2 tablespoons lard

Chop these in a bowl with a silver knife until the lard is chopped fine. Then add ice cold water, drop by drop and continue mixing with knife until ready to roll out.

Grace Stoddard (Zeta).

Pie Crust

$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder	

Sift above ingredients. Melt one-half cup shortening. Add to above mixture and stir with spoon. Then add one-fourth cup water. Mix and roll on board as for any pie crust.

This is most quickly and easily made and is always successful.

Gail Hamilton Luther (Lambda Nu).

Timbales

Mix three-fourths cup flour, one-half teaspoon salt, one teaspoon sugar. Add gradually one-half cup milk, one egg, well beaten, one tablespoon olive oil. Shape, using a hot timbale iron. Fry in deep fat until crisp and brown. Take from iron and invert on brown paper to drain.

Hazel Bisbee (Pi).

Avis Ward's Butter Scotch Pie

1 cup brown sugar
 1 cup sweet milk
 3 tablespoons flour
 1 egg, reserving the white for top of pie

1 teaspoon vanilla
 1 tablespoon butter

Cook in double boiler, turn into crust already baked, cover with the beaten white of egg, sweetened with one tablespoon sugar. Brown lightly.

Louise Cady Loft (Lambda).

Mock Cherry Pie

1 cup cranberries, cut in halves lengthwise
 $\frac{1}{2}$ cup seeded raisins, chopped fine
 1 tablespoon flour
 1 cup sugar

Mix together the flour and sugar. Then add the fruit and pour over it one-half cup boiling water. Add one teaspoon vanilla. Bake in two crusts.

Lima Dickinson (Rho Sigma).

Chocolate Cream Pie

Bake a crust and fill with cream filling made as follows:

$\frac{2}{3}$ cup granulated sugar
 yolks 2 eggs
 butter size of walnut

1 tablespoon cornstarch
 2 cups sweet milk

Mix together and boil to a smooth cream. Then add one teaspoon of vanilla and one square of grated chocolate. Let this come to a boil and fill crust. Cover top with whites of two eggs, well beaten, two tablespoons powdered sugar, one-half teaspoon vanilla. Let this brown in a quick oven.

Bess Wilde (Pi).

Cocoanut Cream Filling for One Pie

$\frac{2}{3}$ cup milk
 $\frac{2}{3}$ cup sugar
 1 level tablespoon flour
 3 tablespoons grated cocoanut
 $\frac{1}{2}$ teaspoon vanilla
 1 egg white, reserved for meringue

$\frac{1}{2}$ teaspoon butter
 1 egg yolk

Mix the butter, sugar and flour, then the beaten egg yolk, and slowly add the milk. Cook, stirring carefully until thick, remove

from fire and add cocoanut and vanilla. Place in baked crust. Cover with a meringue made of the egg white, beaten until stiff and sweetened with one tablespoon sugar. Bake until a delicate brown. Elizabeth Hinshaw (Iota).

Cocoanut Custard Pie

(Large Recipe)

1½ tablespoons butter	
¾ cup sugar	3 tablespoons flour
1 pint sweet milk	1 cup cocoanut
3 eggs	1 teaspoon vanilla

Mix sugar, yolks of eggs and flour. Put milk in double boiler with butter and when hot stir in other ingredients. Cook until thick, stirring constantly.

Alice Moss (Mu).

Cream Pie

Bake a crust, put layer of walnut meats in bottom and fill with cream filling, made as follows:

2 cups milk	1 egg
1 large tablespoon flour	½ cup sugar

Cook until thick and smooth. Cover top of pie with whipped cream and dots of jelly.

Patroness of Pi Chapter.

Cream Pie

Scald one large cup milk with small piece of butter.

Thicken with one-half cup of sugar and heaping teaspoon flour and yolks of three eggs. Stir until smooth over slow fire. Add teaspoon vanilla.

Fill baked crust and beat the whites of three eggs stiff with two tablespoons sugar and spread on top. Brown in oven. If desired spread layer of fresh peaches or bananas or berries in crust and put cream filling on top of fruit.

Marion Gaylord Kellogg (Lambda Nu).

Sour Cream Pie

- | | |
|------------------|-------------------------------|
| 1 cup sugar | |
| 1 cup sour cream | yolks of 2 eggs |
| 1 cup raisins | $\frac{1}{2}$ teaspoon cloves |

Beat all together and bake in an under crust. Make a meringue of the whites and brown.

Blanch M. Harris (Lambda).

Fruit Pie

- | | |
|--------------------------------------|-----------------------|
| 1 cup sweet cream | 1 cup chopped raisins |
| $\frac{3}{4}$ cup milk | 1 teaspoon vanilla |
| 1 cup sugar | pinch of salt |
| 4 eggs, whites reserved for meringue | |

Bake in slow oven. When done spread over the top a meringue made of the stiffly beaten whites, to which has been slowly added three-fourths cup sugar and one-half teaspoon of lemon juice. Dust thickly with sugar and set in open oven until slightly browned.

Isabel Cunningham Parks (Omega).

Jelly Pie

- | | |
|--------------------------|-------------------------|
| 2 eggs | $\frac{1}{2}$ cup milk |
| 1 cup sugar | $\frac{1}{2}$ cup jelly |
| $\frac{1}{2}$ cup butter | 1 teaspoon vanilla |

Cream butter and sugar. Add beaten yolks, jelly, milk, and last the well beaten whites of the eggs and vanilla. Bake with one crust.

Ethel Elliott Swan (Tau).

Jelly Pudding Pie

- | | |
|-------------------------|----------------------------|
| 5 eggs | 2 cups sugar |
| 1 cup of any acid jelly | $\frac{1}{2}$ pound butter |

Beat butter and sugar together, add jelly, then the eggs, nutmeg and extract of lemon to taste. Bake in an open crust.

This makes a large pie.

Mabel M. Reese (Psi).

Lemon Pie

- | | |
|---------------------------------------------------------------|-------------|
| 2 cups sugar | 3 egg yolks |
| 2 lemons, juice and grated rind | |
| 2 heaping tablespoons cornstarch, dissolved in a little water | |

Have ready two cups boiling water, add sugar, yolks and lemon, well beaten, then add dissolved cornstarch and cook until thick. Take from stove and beat in a piece of butter and fill crusts which have already been baked. Use three egg whites for meringue. This makes two pies. Grace Ware Chambers (Lambda).

Lemon Pie

- | | |
|---------------------------------|--------------------------|
| 1 cup sugar | 1 teaspoon butter |
| 1 heaping tablespoon flour | yolks 2 eggs and 1 whole |
| 1 cup water | egg |
| 2 lemons, juice and grated rind | salt |

Mix flour and sugar. Add water and lemons and well beaten eggs. Cook in double boiler until thick. Stir in butter as it is taken from stove. Pour in baked crust and make a meringue of the whites of the eggs, beaten stiff with two tablespoons of powdered sugar. Brown the meringue in a slow oven.

Grace Tennant Adams (Lambda).

Lemon Pie

- | | |
|-----------------------------|----------|
| $\frac{1}{4}$ pound butter | 4 eggs |
| $\frac{1}{4}$ pound sugar | 2 lemons |
| 4 large sour apples, grated | |

Beat butter to a cream, add sugar and yolks beaten light, grated apple and lemon rind. Bake in rich paste. Beat whites stiff, add one-half cup sugar and juice of one-half lemon. Put this in crusts and let brown. This makes two pies. Psi.

Lemon Pie

- | | |
|-------------------------|-----------------------------|
| 3 eggs | pinch of salt |
| 1 tablespoon cornstarch | juice $\frac{1}{2}$ lemon |
| 1 cup sugar | 3 tablespoons boiling water |

Beat yolks with one tablespoon cornstarch and one-half cup sugar, stir in lemon juice and grated rind, add boiling water and cook in double boiler until thick. Then stir in beaten whites plus remainder of sugar. Pour this into under crust and put in hot oven for five minutes. Anne Puffer Taylor (Lambda Nu).

Pumpkin Pie

1 cup cream	1 egg
1 cup canned pumpkin	1 teaspoon cinnamon
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon ginger
grating of nutmeg over top	

Bake one hour in moderate oven.

Alice Scott Ellis (Lambda, Xi, Upsilon).

Lemon Tarts

1 lemon, juice and rind	
1 egg	1 cup sugar

Beat all together. Line patty pans with rich paste. Put a tablespoon of the mixture in each one and bake in a hot oven.

Frances Firkins (Lambda).

German Torte

3 eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup nuts
1 heaping tablespoon flour	$\frac{1}{2}$ cup dates
1 teaspoon baking powder	

Beat eggs until lemon colored and somewhat thickened as for sponge cake. Add sugar and beat well. Add flour mixed with baking powder. Add nuts and dates. Bake in rather quick oven. Serve hot or cold with whipped cream.

Charlotte Gabelein (Alpha Zeta).

Banberry Tarts

1 cup chopped raisins
1 cup sugar
butter size of English walnut
pinch of salt
juice of 1 lemon and grated rind

Cook ten minutes, just before removing from fire beat in two eggs.

Cut pie crust into large cookie sizes, fill with above filling, fold over crust, and bake about ten minutes.

Anne Puffer Taylor (Lambda Nu).

Banberry Tarts

- 1 cup raisins
- 1 cup sugar
- rind and juice of 1 lemon
- 2 large crackers rolled fine
- 2 ounces citron, cut fine

Cook together and put in pastry squares and bake.

Fresh Fruit Tarts

Line muffin tins with pie crust, for individual pies. When done fill with any fresh fruit, as strawberries, raspberries, etc.

Margaret Benton Eichhorn (Lambda Nu).

Pumpkin Pie

- | | |
|-------------------------|---------------------------------|
| 1 large can pumpkin | $\frac{1}{2}$ teaspoon ginger |
| 1 cup milk | $\frac{1}{2}$ teaspoon cinnamon |
| 1 egg | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup sugar | |

Add to unbaked crust and bake about three-fourths hour.

Grace Conners Nelson (Lambda Nu).

Raisin Cream Pie

- | | |
|-----------------------------|--------------------------|
| $\frac{1}{2}$ cup sugar | $\frac{1}{4}$ cup butter |
| yolks 2 eggs | 1 tablespoon flour |
| 1 pint milk | 1 teaspoon vanilla |
| 1 small cup chopped raisins | |

Mix together, put in double boiler and cook until creamy. Pour into baked crust. Beat whites of two eggs with one tablespoon sugar for meringue and spread on pie. Place in hot oven to brown.

Lotta Linder Clark (Lambda).

Rhubarb Pie

- | | |
|--------------------------------------------------|----------------|
| $1\frac{1}{2}$ cups rhubarb, cut in small pieces | |
| 1 scant cup sugar | 1 egg |
| 1 tablespoon flour | bits of butter |

Mix sugar and flour, add beaten egg and rhubarb, put in crust and dot with bits of butter before adding upper crust.

Lois Tennant Pennock (Lambda).

Swiss Pie

1 cup milk	1 teaspoon almond extract
1 cup sugar	1 cup English walnuts,
2 egg yolks	chopped fine
2 tablespoons flour	

Mix eggs and sugar and add flour. Then scald milk and add ingredients except nuts. Cook like custard and add nuts and put in a baked pie crust. When cold serve with whipped cream.

Leonora Mann (Lambda Nu).

Transparent Pie

2½ cups brown sugar	yolks 7 eggs
¾ cup butter	nutmeg

Wash salt from butter, cream it with sugar, add eggs, and beat all very thoroughly. Season with nutmeg and bake in one crust. Have slow fire. This makes two pies.

Mary Louise Longbrake (Lambda Nu).

Filling for Pies

All berry pies need flour or corn flakes for thickening. Raspberry filling requires one cup sugar and one-fourth cup flour. Always flour crust under filling.

Berry pies bake slowly. Others bake in quick oven.

Chess Pie Filling

yolks of 3 eggs	1 cup raisins
1 cup sugar	vanilla
½ cup butter	2 tablespoons hot water

Add this filling to individual pie crust.

Frosting

whites of 2 eggs—not watery
2 tablespoons granulated sugar
brown in moderate oven.

Grace Connors Nelson (Lambda Nu).

Chess Cakes

Boil one pound sugar and one pint water fifteen minutes. Add one-half box grated cocoanut, boil again fifteen minutes, then stir in one-fourth pound butter and yolks of seven eggs, beaten. Fill patties lined with puff paste and bake until crust is done in moderate oven.

Jessie Moore Sanders (Kappa).

Filling for Mince Pies

1 cup chopped meat	$\frac{1}{4}$ cup suet or butter
2 cups chopped apple	1 cup brown sugar
$\frac{1}{2}$ cup raisins, cut and seeded	1 teaspoon salt
$\frac{1}{2}$ cup currants, cut and seeded	1 teaspoon cinnamon
1 cup cider, or pickle juice	1 citron, shredded
1 lemon, juice and grated rind	1 teaspoon allspice

Florence Winterer (Lambda).

Mincemeat

3 bowls finely chopped meat (boiled beef)	
5 bowls finely chopped apples	
5 bowls sugar, or 4 sugar and 1 molasses	
1 bowl vinegar	2 tablespoons cloves
1 bowl cider	1 tablespoon nutmeg
1 bowl chopped suet	1 tablespoon salt
2 bowls raisins	1 tablespoon pepper
2 tablespoons cinnamon	
3 lemons (outside grated, and juice squeezed)	

If juice from sweet pickles is available, add it instead of part of the sugar and vinegar.

Clara King Allen (Lambda Nu).

English Mincemeat

Uncooked, Without Meat

1½ pounds suet, chopped fine
1½ pounds chopped apples
1 pound raisins
1½ pounds brown sugar
½ pound candied peel (lemon or orange), cut fine

Steam slightly.

2 lemons, rind grated and juice

2 oranges, grated rind and juice

$\frac{1}{2}$ teaspoon each of cloves, cinnamon, allspice, ginger and nutmeg

$\frac{1}{4}$ teaspoon salt

6 tablespoons brandy or sherry

Store in sterilized fruit jars and seal. As it is very rich, make in individual pies, as in muffin tins.

Margaret Monroe Williamson (Lambda Nu).

German Tomato Mincemeat

Chop fine one peck of green tomatoes, pour off juice and add as much water as juice. Scald in this water and pour off liquid, repeat process and drain. Add:

5 pounds brown sugar

2 tablespoons salt

2 pounds raisins

1 cup finely chopped suet

Boil slowly about four hours and add one cup vinegar. When cold add two tablespoons each of cinnamon, cloves, nutmeg.

Elizabeth C. Irwin (Rho Sigma).

CAKES

Angel Cake

whites 10 eggs

1 cup flour

1 $\frac{1}{4}$ cups sugar

$\frac{1}{2}$ teaspoon cream of tartar

Sift flour five times. Sift sugar. Beat eggs about half and add cream of tartar. Beat until very stiff. Stir in sugar and then flour very lightly. Bake in moderate oven from thirty-five to fifty minutes.

Norma E. Sammons (Omieron).

Mock Angel Cake

Sift together four times, one cup flour, one cup sugar, and three teaspoons baking powder.

Boil one cup milk, pour slowly into the mixed ingredients. To this add the beaten whites of two eggs. Flavor with one teaspoon vanilla. Bake in round tin in medium oven. Blanche McMahon (Rho).

Apple Sauce Cake

2 cups flour

1 cup sugar

$\frac{1}{2}$ cup shortening, butter and lard

1 cup chopped raisins

1 cup sour apple sauce

1 cup currants

1 teaspoon cinnamon

$\frac{1}{2}$ cup chopped nuts

$\frac{1}{2}$ teaspoon cloves

1 teaspoon soda

1 pinch salt

Mix as any butter cake. Bake in a loaf forty-five minutes.

Jessie Ware Libby (Lambda).

Chocolate Apple Sauce Cake

2 $\frac{1}{2}$ cups apple sauce, hot or cold, but unsweetened

1 cup and 2 tablespoons shortening

1 pound raisins

4 teaspoons soda

1 pound nuts

1 teaspoon salt

1 cup white sugar

1 teaspoon cinnamon

1 cup brown sugar

1 teaspoon allspice

1 teaspoon cloves

4 cups flour (or enough for stiff batter)

Enough ground sweet chocolate to make the color of dark fruit cake.

Bake in single loaf bread pans in slow oven forty-five to sixty minutes.

This makes two large loaves, but is a delicious and splendid keeper.

May Elliott Bostwick (Beta Sigma).

Blackberry Jam Cake

1 cup sugar	3 eggs
1½ teaspoons baking powder	1½ cups flour
½ teaspoon cloves	3 teaspoons cream
1 teaspoon cinnamon	1 cup blackberry jam
¾ cup butter	

Mrs. H. S. Robertson (Phi Omega).

Burnt Leather Cake

1½ cups sugar	1 cup cold water
½ cup butter	2½ cups flour
yolks 2 eggs	1 teaspoon vanilla
2 teaspoons baking powder	whites 3 eggs
3 or 4 tablespoons burnt sugar syrup	

Burnt sugar: Take two cups sugar, put in a pan and set on stove until brown, stirring all the time, then add about three-fourths cup of water and let cook up like a syrup.

Kathleen Rogers (Gamma).

Cherry and Cocoanut Cake

1 cup sugar	1 cup pastry flour
½ cup butter	1 cup cocoanut
½ cup milk	whites 4 eggs
2 teaspoons baking powder	

Cream butter and sugar. Add milk, then flour in which baking powder has been sifted. Add cocoanut and well beaten eggs. Add one-half teaspoon flavoring.

For frosting, whip one cup cream and add one-fourth cup sugar and one-half cup candied cherries, chopped fine. This cake is best if served the day it is made.

Eleanor Dickinson Tate (Lambda Nu).

Chocolate Cake

1 tablespoon butter or Crisco	1 cup sugar
2 eggs (save 1 white for frosting)	
1 square chocolate	
$\frac{3}{4}$ cup milk	1 cup flour
1 heaping teaspoon baking powder	

Bake in long pan. Julia B. Gould (Lambda).

Chocolate Cake No. 1

2 eggs	vanilla
cream	1 cup flour
1 cup sugar	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	2 squares chocolate } $\frac{1}{4}$ cup hot water }

Break eggs into measuring cup, fill the cup with cream. Add other ingredients, and lastly, the chocolate, dissolved in hot water. This is a very good plain cake without the chocolate.

Grace Connors Nelson (Lambda Nu).

Chocolate Cake No. 2

$\frac{1}{2}$ cup butter	
$1\frac{1}{2}$ cups sugar	2 cups flour
1 cup sweet milk	2 teaspoons baking powder
whites of 4 eggs (in chocolate cake 2 whole eggs may be used)	
$\frac{1}{2}$ cake chocolate, melted	

Cream butter and sugar, add milk, mix flour and baking powder before adding to mixture. Beat whites, then add to mixture. Add chocolate last. This makes good white cake if chocolate is omitted.

Grace Connors Nelson (Lambda Nu).

Chocolate Cake

1 cup sugar	1 square chocolate
1 egg	1 teaspoon baking powder
1 cup milk	1 teaspoon soda
1 tablespoon butter	1 cup flour

Cream sugar and egg, beaten, add cup of milk. Then add flour, baking powder and soda sifted together. While mixing cake, melt

butter and chocolate together. Add this to batter. Bake about twenty minutes.

Frosting:

6 tablespoons sugar 6 tablespoons cream
 1½ squares chocolate

Boil for seven minutes. Stir until smooth. Pour over cake.

Corn Starch Cake

1 cup flour ½ teaspoon soda
 1 cup cornstarch Flavor with lemon or van-
 whites of 4 eggs illa
 1 cup sugar
 ½ cup butter
 ½ cup sweet milk
 ½ teaspoon cream of tartar (Pi).

Corn Starch Cake

whites of 2 eggs, beaten to a froth
 ½ cup butter 1 cup flour
 1 cup sugar 1 teaspoon baking powder
 1 cup sweet milk flavor with lemon
 ½ cup cornstarch (Pi).

Date Cake

1½ pounds dates, stoned
 ½ pound walnuts 1 cup flour
 2 rounding teaspoons baking powder
 ½ teaspoon salt 1/16 teaspoon cloves
 1 cup sugar 4 eggs
 1 teaspoon cinnamon 1 teaspoon vanilla

Leave dates and walnuts as near whole as possible. Sift dry ingredients over dates and nuts. Separate eggs, beat yolks very light, add to mixture, then add whites, beaten very light. Add last the vanilla. Let stand for few days before serving. Cut in very thin slices and cover with powdered sugar. A good cake for reserve.

Adelaide Miller (Omega).

Date Cake

- | | |
|-------------------------------|--------------------------------|
| 1 cup dates, picked in pieces | 1 cup sugar |
| 1 teaspoon soda | 1 egg |
| 1 cup boiling water | 1 $\frac{1}{4}$ cups flour |
| 1 tablespoon butter | $\frac{1}{2}$ cup walnut meats |

Sprinkle soda over dates and add hot water. Let them stand while mixing the remainder of cake and add last.

Jo Pierce (Alpha Zeta).

Devil's Food

- | | |
|--------------------------------------|----------------------------|
| 1 egg, beaten | 1 cup thick sour cream |
| 1 cup sugar | 1 $\frac{1}{2}$ cups flour |
| 2 squares chocolate, dissolved in | |
| $\frac{1}{2}$ cup boiling water | |
| 1 even teaspoon soda, added to cream | |
| 1 teaspoon vanilla | |

Gail H. Luther (Lambda).

Devil's Food Cake

- | | |
|--------------------|-----------------------------|
| 2 cups brown sugar | 1 teaspoon soda |
| 1 cup butter | 2 cups flour |
| 3 eggs | 1 teaspoon baking powder |
| 1 cup sour milk | $\frac{1}{2}$ cup chocolate |

Cream butter and sugar, then the beaten eggs, add the sour milk and soda alternately with the flour. Then at the last add the melted chocolate. Bake in loaf.

Ruth Wortman (Eta).

Devil's Food Cake

- $\frac{1}{3}$ cake grated chocolate
- 1 teaspoon soda
- $\frac{1}{2}$ cup hot water

Mix well and let stand until cake is mixed.

- | | |
|------------------------------------------------------|-----------------------------|
| 2 cups brown sugar | 2 eggs, beaten together |
| $\frac{1}{2}$ cup butter, creamed well | $\frac{1}{2}$ cup sour milk |
| 1 teaspoon each ground cinnamon, allspice and cloves | |
| 2 $\frac{1}{2}$ cups flour | |

Bake in layers.

Louise Riggs (Theta).

Devil's Food Cake with Black Walnuts

6 tablespoons chocolate, dissolved in 5 tablespoons boiling water

4 eggs beaten separately

$\frac{1}{2}$ cup butter

$1\frac{1}{2}$ cups sugar

1 teaspoon baking powder

2 cups flour

1 teaspoon vanilla

$\frac{1}{2}$ cup sweet milk

Cream butter, add sugar, add egg yolks, stir in chocolate, add milk, then flour and whites of eggs alternately, sifting in baking powder with teaspoon flour, add vanilla and a cup of black walnut meats. Bake in layers put together with:

Mocha Icing

cream butter size of egg

2 tablespoons cocoa

2 cups powdered sugar

Mix well, then moisten with hot or cold clear coffee until of a consistency to spread.

Margaret Jayne (Tau).

Eggless Cake

1 cup sugar

1 cup sour milk

1 tablespoon lard

1 teaspoon soda

little salt

2 scant cups flour

1 cup raisins, or half nuts and raisins

1 teaspoon cinnamon

1 teaspoon nutmeg

Frances Firkins (Lambda).

Easy White Cake

Place the unbeaten whites of two eggs in a measuring cup. Fill to one-half with melted butter, then fill to the top with milk. Add

$1\frac{1}{2}$ cups flour

1 heaping teaspoon baking powder

1 cup sugar

Beat all these together for five minutes or more, as the success of this cake depends upon the beating.

Dorette John (Iota).

Fruit Cake

- | | |
|-----------------------------------------------------------|--------------|
| 1 cup sugar | 1 cup butter |
| 1 cup molasses | 4 eggs |
| 2½ to 2¾ cups flour | |
| 1 teaspoon soda, dissolved in molasses | |
| 1 teaspoon cloves, cinnamon, allspice and nutmeg | |
| ½ pound blanched almonds, ½ pound citron, 1 pound raisins | |
| 1 teaspoon cream of tartar in flour | |

Bake two or three hours. Makes about six pounds.

Maude Stedman Curtis (Omega).

Fruit Cake Without Eggs

- | | |
|---------------------------------|---------------------|
| 1 cup brown sugar | 1 teaspoon soda |
| 1 cup sour milk | 1 cup raisins |
| 2 cups flour | 1 teaspoon cloves |
| 4 tablespoons melted butter | 1 teaspoon cinnamon |
| 1 teaspoon nutmeg, or mace nuts | |

Cornelia Lindsey (Kappa).

Fruit Cake

- | | |
|--------------------------------|-------------------|
| 1 pound butter | 10 eggs |
| 1 pound sugar | 2 pounds raisins |
| 1 pound shelled pecans | |
| 1 pound blanched almonds | |
| 1 pound crystallized pineapple | |
| 1 pound crystallized cherries | |
| ½ pound citron | ½ teaspoon cloves |
| 1 teaspoon allspice | 1 grated nutmeg |
| 1 pound flour, sifted 5 times | |
| 1 cup best fruit juice | |

Add spices to flour; add the flour to creamed butter, sugar and eggs; flour the fruit well and add to above mixture. Add fruit juice last. Steam four hours, and bake one hour. Leave the cherries whole. The small amount of flour only binds together the fruit.

Mrs. Mary Comfort Leonard
(One of Delta Gamma's Founders).

Gold Cake (Loaf or Layer)

yolks 8 eggs, or 9 if small	$\frac{1}{2}$ cup sweet milk
1 cup sugar	$1\frac{1}{2}$ cups flour
2 teaspoons baking powder	$\frac{1}{2}$ cup butter, scant
$\frac{1}{2}$ teaspoon salt	vanilla and lemon

Beat yolks thoroughly; cream butter and sugar; add milk, then flour, sifted four or five times with baking powder and salt. Flavor and beat thoroughly. Mrs. Charles Loring (Lambda).

Jennie's Roll Jelly Cake

3 eggs, beaten very light	$\frac{1}{4}$ spoon salt
1 cup sugar	1 cup flour
3 cookspoons water	vanilla or lemon
2 heaping teaspoons baking powder	

Bake in thin sheet, spread with jelly and roll while warm.

Louise Cady Loft (Lambda Nu).

Lemon Cake

$1\frac{1}{2}$ cups granulated sugar	
1 cup butter	1 cup milk
yolks of 7 eggs, whites of 4, beaten together	
4 teaspoons baking powder	$3\frac{1}{2}$ cups flour

Bake in loaf or layers.

Filling and Icing

Whites of three eggs, grated rind and juice of two lemons, two pounds pulverized sugar. Mix all together without beating.

Elba Fickel (Theta).

Molasses Layer Cake

3 eggs, leaving out 2 whites for frosting	
$\frac{1}{2}$ cup butter	1 teaspoon soda
1 cup sugar	2 cups flour
$\frac{1}{2}$ cup molasses	1 teaspoon cinnamon
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon nutmeg

Bake in two layers.

Alcetta Gilbert Clarke (Lambda Nu).

English Nut Cake

1 scant cup buttermilk	2 teaspoons cinnamon
2 cups brown sugar	1 teaspoon cloves
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon nutmeg
yolks of 5 eggs	1 pound raisins
1 teaspoon soda	1 teaspoon vanilla
1 pound English walnuts	2 teaspoons brandy

Bake about forty minutes in a medium oven.

Gladys Lee (Theta).

One Egg Cake

$1\frac{1}{4}$ cups sugar	2 teaspoons baking powder
1 tablespoon butter, rounded	1 cup milk
1 egg	salt
$2\frac{1}{2}$ cups flour	flavoring

Cream butter and sugar gradually, then add well beaten egg. Sift dry ingredients together and alternate with liquid. All measurements are level.

Margaret Monroe Williamson (Lambda).

Orange Cake

1 cup granulated sugar	$\frac{1}{2}$ teaspoon cream tartar
5 eggs	flavor with lemon juice
1 cup flour	

Beat eggs separately. Sift into beaten whites one-half cup sugar. Beat remainder of sugar into yolks. Slowly add yolks to whites. Fold in flour, cream of tartar and flavoring. Bake in two layers in moderate oven, about twenty minutes.

Filling

Make one-half cup custard milk, sugar and cornstarch; add one-half cup orange marmalade. Spread between layers.

Make icing of confectioner's sugar and lemon juice. Spread on top and sides.

Decorate with small pieces of the rind picked out from the marmalade and cut in small pieces. (Candied orange peel may be used but it is not so delicate.)

Ina Firkins (Lambda).

Orange Cake

1 small half cup butter
2 cups sugar
yolks of 5 eggs and whites of 4
 $\frac{1}{2}$ cup water
1 teaspoon cream of tartar
grated rind and juice of 1 orange

2 cups flour
 $\frac{1}{2}$ teaspoon soda

Beat butter to cream. Add sugar gradually, then orange, eggs beaten, water and flour in which the soda and cream of tartar have been mixed. Bake in layers.

Orange Sponge Cake

6 eggs
the weight of the eggs in sugar
half their weight in flour
the grated rind of an orange
2 tablespoons orange juice

Beat the yolks until thick and light in color. Gradually beat in the sugar and grated rind and juice of the orange. Beat the whites until dry. Cut and fold half of them into the cake mixture, then cut and fold in half of the flour, then the other half of the whites and the other half of the flour. Bake in a moderate oven about thirty minutes.

Helen Butler (Kappa).

Orange Sponge Cake

1 cup granulated sugar
1¼ cups flour
4 eggs, beat white and yolks separately
pinch salt
rind of 1 orange, 4 tablespoons juice
add whites last
Bake thirty or forty minutes.

Leulah Hawley (Lambda Nu).

Potato Cake

2 cups light brown sugar
 $\frac{7}{8}$ cup butter
 5 cent cake sweet chocolate
 1 cup nut meats
 2 cups flour
 yolks of 5 and whites of 3 eggs
 2 rounding teaspoons baking powder
 $\frac{1}{8}$ teaspoon each nutmeg, cloves and cinnamon
 lemon or vanilla extract

Bake in layers in a moderate oven. Use white or chocolate icing.
 Nellie Mary Ober (Theta).

Quick Cake

1 heaping cup flour
 1 heaping teaspoon baking powder
 1 level cup sugar

Sift these together. Put four tablespoons melted butter in the bottom of measuring cup, break in two eggs and fill cup up with milk. Pour into dry ingredients and beat well. Flavor and bake in two small layers about twenty-five minutes. Good for tea cakes.

Sadie Corbet Selby (Upsilon).

Boiled Raisin Cake

(Cheap and Good)

Cover one cup raisins with boiling water and simmer twenty minutes. Cool, drain and save water.

$\frac{1}{4}$ cup butter }
 $\frac{3}{4}$ cup sugar, } cream

Add one beaten egg, one-half cup raisin water, one and three-quarters cups flour, teaspoon soda, little nutmeg, cinnamon, and salt. Add raisins dredged with some of the flour. Bake in small bread pan. Makes rather a small loaf.

Lois Teunant Pennoek (Lambda).

Ribbon Cake

Use Mrs. Dodd's recipe for white cake and add a full cup of chopped raisins, mixed with a little flour, and bake in layers. For

dark part use the eight yellows left from whites, adding one whole egg; beat until light and add two cups sugar thoroughly creamed with one full cup of butter, four cups of sifted flour having added two teaspoons baking powder, and three-fourths cup water. To this batter add one-fourth pound citron, one cup chopped pecans, one teaspoon each powdered cloves, cinnamon and allspice, lemon and vanilla extract. Bake in layers and put together with white layers with boiled icing.

Eva Webb Dodd (One of Founders of Delta Gamma).

Sponge Cake

3 eggs	1 teaspoon cream of tartar
1 cup sugar	$\frac{1}{2}$ teaspoon soda
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup cold water

Beat sugar and yolks of eggs until light. Add water and flour, cream of tartar sifted in flour, soda in water. Beat until very light. Lastly add whites beaten stiff. Bake twenty minutes.

Grace Conners Nelson (Lambda Nu).

Sponge Cake

4 eggs, separate and beat the yolks with
1 cup sugar until very light
add 3 tablespoons cold water

Take measuring cup and put in $\frac{1}{4}$ teaspoon salt, $1\frac{1}{4}$ teaspoons baking powder and $1\frac{1}{2}$ tablespoons cornstarch. Fill up cup with flour well sifted. Stir all together, add the beaten whites and one teaspoon vanilla.

Absolutely reliable for roll jelly cake or with any frosting desired. Bake *very* slowly.

Nina Winans (Sigma).

Hot Water Sponge Cake

2 eggs	1 cup flour
1 cup sugar	$\frac{1}{2}$ cup boiling water
1 heaping teaspoon baking powder	
flavoring, preferably almond	

Bake about one-half hour, in a medium oven.

Juliette Gates (Sigma).

Potato Cake

2 cups light brown sugar
 $\frac{7}{8}$ cup butter
 5 cent cake sweet chocolate
 1 cup nut meats
 2 cups flour
 yolks of 5 and whites of 3 eggs
 2 rounding teaspoons baking powder
 $\frac{1}{3}$ teaspoon each nutmeg, cloves and cinnamon
 lemon or vanilla extract

1 cup riced potatoes

$\frac{1}{2}$ cup sweet milk

Bake in layers in a moderate oven. Use white or chocolate icing.
 Nellie Mary Ober (Theta).

Quick Cake

1 heaping cup flour
 1 heaping teaspoon baking powder

1 level cup sugar

Sift these together. Put four tablespoons melted butter in the bottom of measuring cup, break in two eggs and fill cup up with milk. Pour into dry ingredients and beat well. Flavor and bake in two small layers about twenty-five minutes. Good for tea cakes.

Sadie Corbet Selby (Upsilon).

Boiled Raisin Cake

(Cheap and Good)

Cover one cup raisins with boiling water and simmer twenty minutes. Cool, drain and save water.

$\frac{1}{4}$ cup butter
 $\frac{3}{4}$ cup sugar, } cream

Add one beaten egg, one-half cup raisin water, one and three-quarters cups flour, teaspoon soda, little nutmeg, cinnamon, and salt. Add raisins dredged with some of the flour. Bake in small bread pan. Makes rather a small loaf.

Lois Tennant Pennock (Lambda).

Ribbon Cake

Use Mrs. Dodd's recipe for white cake and add a full cup of chopped raisins, mixed with a little flour, and bake in layers. For

dark part use the eight yellows left from whites, adding one whole egg; beat until light and add two cups sugar thoroughly creamed with one full cup of butter, four cups of sifted flour having added two teaspoons baking powder, and three-fourths cup water. To this batter add one-fourth pound citron, one cup chopped pecans, one teaspoon each powdered cloves, cinnamon and allspice, lemon and vanilla extract. Bake in layers and put together with white layers with boiled icing.

Eva Webb Dodd (One of Founders of Delta Gamma).

Sponge Cake

3 eggs	1 teaspoon cream of tartar
1 cup sugar	$\frac{1}{2}$ teaspoon soda
$1\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup cold water

Beat sugar and yolks of eggs until light. Add water and flour, cream of tartar sifted in flour, soda in water. Beat until very light. Lastly add whites beaten stiff. Bake twenty minutes.

Grace Conners Nelson (Lambda Nu).

Sponge Cake

4 eggs, separate and beat the yolks with
1 cup sugar until very light
add 3 tablespoons cold water

Take measuring cup and put in $\frac{1}{4}$ teaspoon salt, $1\frac{1}{4}$ teaspoons baking powder and $1\frac{1}{2}$ tablespoons cornstarch. Fill up cup with flour well sifted. Stir all together, add the beaten whites and one teaspoon vanilla.

Absolutely reliable for roll jelly cake or with any frosting desired. Bake *very* slowly.

Nina Winans (Sigma).

Hot Water Sponge Cake

2 eggs	1 cup flour
1 cup sugar	$\frac{1}{2}$ cup boiling water
1 heaping teaspoon baking powder	
flavoring, preferably almond	

Bake about one-half hour, in a medium oven.

Juliette Gates (Sigma).

White Cake

- | | |
|---------------------------------------|---------------|
| 1½ cups sugar | 1 cup milk |
| ½ cup butter | whites 4 eggs |
| 3 cups flour, sifted before measuring | |
| 1½ teaspoons baking powder | |

Margaret Banta (Theta).

White Cake

- | | |
|-------------------------------------------|---------------|
| 1 packed cup butter | 3¾ cups flour |
| 1 scant cup sugar | whites 8 eggs |
| 2 teaspoons Royal baking powder, rounding | |

Sift flour and measure. Add baking powder and sift three times. Cream butter and sugar thoroughly. Beat whites lightly but not to a stiff froth. Mix in flour and eggs and then water. Flavor with one teaspoon lemon and one teaspoon vanilla. If baked in loaf, have oven warmer to begin with and gradually increase heat. It takes one hour. This will make three or four layers.

Eva Webb Dodd (A Founder of Delta Gamma).

White Cake

- | | | |
|---------------------------------------------|-------------|-------------|
| ½ cup sugar | } beat well | ½ cup sugar |
| ¼ cup butter | | ½ cup milk |
| add 2 unbeaten eggs and beat again | | |
| 1¾ cups pastry flour measured after sifting | | |
| 3 level teaspoons baking powder | | |
| vanilla | | |

Bake in shallow pan twenty-five minutes.

Grace T. Adams (Lambda).

Drop Cakes**Cocoa Tea Cakes**

- | | |
|--------------|---------------------------|
| 1 cup sugar | ½ cup cornstarch |
| ⅓ cup butter | ¼ cup cocoa |
| 2 eggs | 2 teaspoons baking powder |
| ½ cup milk | 1 teaspoon vanilla |
| ½ cup flour | |

Sprinkle with nuts and bake in gem pans.

(Pi).

Ginger Cakes

$\frac{1}{2}$ cup butter or lard	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ cup sugar and 1 egg	2 cups flour
$\frac{1}{2}$ cup sour milk or buttermilk	
1 teaspoon soda, good measure	

Bake in shallow tin and cut in squares. Sprinkle with sugar before baking.
Gertrude Willard Phisterer (Chi Upsilon).

Mary Anns

2 eggs, beaten	$\frac{3}{4}$ cup flour
1 cup brown sugar	small cup walnuts
$\frac{1}{4}$ teaspoon baking powder	

Spread very thin and bake in gem pans. Half a walnut on top of each improves cakes. Margaret Denfeld Hudson (Lambda).

Mocha Tart

$1\frac{1}{2}$ cups sugar	2 teaspoons baking powder
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
4 eggs	6 teaspoons coffee extract
2 cups flour	

Mix in order given and bake in shallow tins.

Filling

Add at time of serving.

$\frac{1}{2}$ pint of cream (whipped stiff)	$\frac{1}{2}$ cup sugar
2 tablespoons of coffee extract	

Nut Brown Tea Cakes

$\frac{1}{2}$ cup butter	} cream together
1 cup brown sugar	
1 egg	vanilla
$\frac{1}{2}$ cup sweet milk	2 scant cups flour, sifted
$\frac{1}{2}$ teaspoon soda, dissolved in milk	
$\frac{1}{2}$ cup chopped walnuts	

Mix in order given, beat well and bake either in small tins or dropped from a teaspoon on greased cookie sheet. These are very good plain, but may be frosted as desired. They may be varied by adding four tablespoons melted chocolate to batter. Very good and reliable as well as inexpensive.

Grace Ware Chambers (Lambda).

Sour Cream Drop Cakes

$\frac{1}{2}$ cup brown sugar	1 teaspoon cloves
$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{2}$ teaspoon cinnamon	

Mix well, add one egg beaten up in one cup of sour cream to which one level teaspoon soda has been added. Add one-fourth cup chopped nuts and one-half cup scalded raisins, one cup sifted flour. Bake in greased muffin tins.

Dorothy Watkins (Kappa).

Sour Cream Drop Cakes

1 cup sugar	$1\frac{1}{2}$ cups white flour
2 well beaten eggs	1 teaspoon baking powder
1 cup sour cream	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon soda	

Bake in medium oven in gem pans about twenty minutes.

Katherine Esterly (Beta Sigma).

Spice Cakes

1 cup sugar	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup thick sour cream	$\frac{1}{2}$ teaspoon cinnamon
2 eggs, beaten well	$\frac{1}{2}$ teaspoon nutmeg
2 scant cups flour	1 cup raisins
1 level teaspoon soda	1 cup English walnuts
$\frac{1}{2}$ teaspoon cloves	

Bake in gem pans. Maude Macomber Cuscaden (Kappa).

Peter Pans

These cakes are delicious for afternoon tea and will keep a long time.

$1\frac{1}{2}$ cups dates, cut into large pieces	
$1\frac{1}{2}$ cups walnuts, chopped a little	
$1\frac{1}{2}$ cups granulated sugar, creamed with	
$\frac{1}{2}$ cup butter	
2 teaspoons vanilla	1 cup milk
$\frac{1}{2}$ teaspoon orange extract	3 eggs
2 teaspoons baking powder, sifted in	$1\frac{3}{4}$ cups white flour

This makes seventy small cakes.

Add the beaten yolks to the creamed butter and sugar and then add nuts, floured dates, extracts, a little milk and a little flour, a little more milk and a little more flour until all are stirred in, then add the whites of eggs beaten stiff. Put one teaspoon of batter in each well greased cup cake hole of the smallest cup cake pans made, bake in medium hot oven eight minutes and last of all shake in a bag containing powdered sugar. Ruth Scott Dauceer (Xi).

Rocks, Brownies and Nut Bars

Brownies

1 cup sugar	2 eggs, beaten light
$\frac{1}{2}$ cup butter	2 squares chocolate
good sized $\frac{1}{2}$ cup flour	
vanilla and chopped nuts	

Spread thin and bake. Cut like lady fingers while hot. Melt butter and chocolate together.

Margaret Denfeld Hudson (Lambda).

Nut Bars

1 cup light brown sugar	pinch of salt
1 egg	pinch of soda
1 cup nut meats	5 tablespoons flour

Break the egg into a dish and beat light, adding sugar gradually. Mix soda and salt with flour. Spread very thin in square tins and cover with nuts. Bake in a medium oven fifteen minutes. As soon as taken from the oven cut into squares, run the knife underneath and remove at once.

Cora Morrison (Tau Zeta).

Date Bars

1 pound dates, stoned	$\frac{1}{2}$ cup water
$\frac{1}{2}$ cup sugar	
Cook and mash to jam paste with potato masher.	
$2\frac{1}{2}$ cups rolled oats	1 cup butter or $\frac{2}{3}$ cup cooking oil
$2\frac{1}{2}$ cups white flour	
$\frac{1}{2}$ cup cold water	1 cup brown sugar
$\frac{3}{4}$ teaspoon soda	

Cream butter and sugar, add water. Then sift flour with soda and add rolled oats. Mix all. Roll thin. Spread one-half of your rolled dough with date paste and cover with other one-half of rolled dough. Cut in oblong bars and bake in moderate oven ten to fifteen minutes.

May Elliott Bostwick (Beta Sigma).

Baked Fudge

Cook until blended two ounces Baker's chocolate and one-half cup melted butter.

Beat three eggs, add one cup sugar and three-fourths cup flour sifted with one-half teaspoon salt and one-half teaspoon baking powder.

Combine these mixtures and add one cup nuts and one teaspoon vanilla. Bake in a dripping pan and cut in squares. Bake twenty-five minutes in moderate oven.

Annabel Carolyn Teal (Phi).

Oatmeal Hermits

2 cups oatmeal	1 cup melted shortening
$\frac{1}{2}$ cup English walnuts	2 well beaten eggs
1 cup seeded raisins	1 teaspoon cinnamon
1 cup white sugar	1 teaspoon nutmeg
1 tablespoon soda, dissolved in	2 cups flour
6 tablespoons sweet milk	

Put the oatmeal, nuts and raisins through the coarse cutter of meat chopper. Mix sugar, shortening and eggs. Add soda, milk, flour and spices. Stir in chopped materials. Drop from a dessert spoon wet in milk, on tin sheets, having drops about three inches apart. Bake in moderately hot oven. Makes about three dozen.

Mabel Buckley (Tau).

Rocks

1 cup butter	1 good tablespoon cold
$1\frac{1}{2}$ cups sugar	water
3 eggs	1 pinch of salt
3 good cups flour	1 cup dates
$1\frac{1}{2}$ cups walnuts	$\frac{1}{2}$ teaspoon cloves
1 teaspoon soda in flour	$\frac{1}{2}$ teaspoon allspice
1 teaspoon cream tartar in flour	1 teaspoon cinnamon

Chop walnuts and dates. Drop from teaspoon and bake as cookies.

Florence C. McMillen (Omega).

Chocolate Rocks

1 cup sugar	1 teaspoon baking powder
$\frac{1}{2}$ cup butter	1 cup nuts
$\frac{3}{4}$ cup milk	1 cup raisins
1 egg	1 teaspoon vanilla
2 cups flour	2 squares chocolate

Mix in order given. Add beaten white of egg last. Bake in moderate oven.

Grace T. Adams (Lambda).

Chocolate Rocks

$\frac{3}{4}$ cup granulated sugar	
$\frac{3}{4}$ cup brown sugar	$2\frac{1}{2}$ cups flour
3 eggs	1 teaspoon cloves
$2\frac{1}{2}$ heaping teaspoons baking powder	
1 tablespoon grated chocolate, or cocoa	
2 teaspoons nutmeg	$\frac{1}{4}$ teaspoon salt
2 teaspoons cinnamon	2 cups seeded raisins
1 teaspoon vanilla	1 cup English walnuts
$\frac{1}{2}$ cup home-made wine or grape juice	

Cream butter and sugar, add wine, spices and chocolate. Allow to stand one-half hour. Add one-half cup of the flour to the raisins.

Miriam Starrett (Kappa).

Date Rocks

1 cup butter	1 teaspoon soda in
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup hot water
3 eggs	1 teaspoon cinnamon
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon cloves
2 pounds dates	
1 pound walnuts, before shelling	

Drop from spoon. Have quick oven.

Mary Basset Bray (Lambda).

COOKIES

Chocolate Cookies

1 cup sugar	1½ cups flour, sifted
½ cup butter	1 teaspoon baking powder
1 egg	3 squares chocolate, melted
½ cup milk	1 cup chopped nuts

Mix in order given. Drop from teaspoon onto floured pans and bake in hot oven ten or fifteen minutes. Have a pan of water on bottom of oven to prevent cookies burning. Frost with chocolate frosting if so desired.

Helen M. Smith (Lambda Nu).

Cocoanut Cookies

1 cup sugar	1 tablespoon milk
2 eggs	1 cup cocoanut
1 cup butter	
1 heaping teaspoon baking powder mixed in	
1 cup flour	

Add a bit more flour if necessary. Roll very thin.

Marion Gaylord (Lambda Nu).

Date Bars

1 cup sugar	1 pound dates
3 eggs	1 cup flour
1 cup walnuts	1 teaspoon baking powder

Combine egg yolk with sugar, stir until creamy, add pinch salt. Mix flour and baking powder. Add dates, stoned and quartered. Beat egg whites stiff, add alternately with flour. Bake twenty minutes in a moderate oven. Remove from pan, when almost cold cut into bars and roll in powdered sugar, or ice with orange frosting and decorate with nut meats and dates.

Mabel D. Ricketts.

Drop Cookies

- 1 cup sugar, preferably brown
- $\frac{1}{2}$ cup butter, drippings, or substitute
- 1 cup raisins, dates or prunes, cooked
- 1 cup walnuts
- 2 eggs, well beaten
- $1\frac{1}{4}$ cups flour
- $\frac{1}{2}$ teaspoon soda, dissolved in hot water
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon each, cloves, nutmeg

Mix ingredients in order given, creaming fat first, and adding sugar, then eggs, dry ingredients. Prunes keep the cookies moist and are nice change from dates or raisins.

Margaret Monroe Williamson (Lambda).

Easiest Cookies in the World

- | | |
|--------------------|------------|
| 1 cup flour | 2 eggs |
| 1 cup walnut meats | pinch salt |
| 1 cup sugar | |

Drop from spoon.

Eleanor Simpkins (Pi).

Filled Cookies

- | | |
|-----------------------------------|---------------------------|
| $\frac{1}{2}$ cup butter and lard | $2\frac{1}{2}$ cups flour |
| 1 cup sugar | 2 teaspoons cream tartar |
| 1 egg | 1 teaspoon soda |
| $\frac{1}{2}$ cup milk | 1 teaspoon vanilla |

Roll thin, cut round and put in pan. Put one heaping teaspoon filling on each and place another circle on top. Press edges together.

Filling

- $1\frac{1}{2}$ cups chopped raisins or figs, or dates
 - $\frac{1}{2}$ cup sugar
 - $\frac{1}{2}$ cup water
- Boil until thick.
Bake in moderate oven.

Marguerite T. Way (Lambda Nu).

Filled Cookies

3 eggs	1 teaspoon soda, sifted in flour
1 cup butter	salt
1 cup sour cream	flour
1 cup white sugar	2 cups brown sugar

Filling for Cookies

- 1 pound chopped dates, or raisins
- 1 cup sugar
- 1 cup water

May need a teaspoon of flour.

Boil until it forms a rather thick filling. Roll out cookies, put a teaspoon of filling on, then put another cookie on top. Do not have cookies rolled too thick. Ruth Kautsky (Alpha Zeta).

Fruit Cookies

1 cup granulated sugar	1 teaspoon soda, dissolved in
$\frac{2}{3}$ cup butter	1 tablespoon hot water
2 cups flour	1 cup walnuts
2 eggs	1 cup dates or figs
1 teaspoon cloves	1 teaspoon cinnamon

Drop by small teaspoonfuls into buttered tins.

Ruth Thornburgh (Gamma).

Fruited Cookies

- 1 cup butter
- $1\frac{1}{2}$ cups sugar } cream
- 3 eggs, beaten light
- $1\frac{1}{2}$ tablespoons hot water with 1 teaspoon soda
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup nutmeats, chopped
- $\frac{1}{2}$ cup raisins, chopped
- $\frac{1}{2}$ cup currants, chopped
- $3\frac{1}{2}$ cups flour

Roll thin and bake in quick oven.

Marguerite Way (Lambda Nu).

Fruit and Nut Cookies

1½ cups brown sugar	1 cup nuts
1 cup butter	2½ cups flour
3 eggs	1 teaspoon cinnamon
½ cup cold coffee	1 nutmeg
1½ cups raisins	½ teaspoon cloves
1 teaspoon soda in coffee	

Mix as for a cake and drop from a spoon into pans. Bake in a quick oven. Raisins, currants, walnuts, dates or figs may be added.

Florence Klinkenberg (Xi).

Ginger Cookies

1 pint molasses

Let come to a boil, then add,

1 cup lard

1 teaspoon soda

little salt

1 tablespoon ginger

After it cools, thicken with flour. Roll thin and bake.

Julia B. Gould (Lambda Nu).

Ginger Snaps

1 cup molasses

2 teaspoons ginger

⅓ cup sugar

1 teaspoon soda

¾ cup softened butter (part lard may be used)

flour enough to make a thin dough

Heat molasses and pour over sugar. Then add other ingredients and bake quickly.

Dorothy Mill (Phi).

Ginger Snaps

½ cup granulated sugar

1 level teaspoon soda

½ cup molasses

3 teaspoons ginger

½ cup melted lard

3 cups flour

3 tablespoons hot water

Put soda in with flour. Roll and cut with knife in oblongs and bake in hot oven.

Minnie Stinchfield Brown (Lambda Nu).

Ice Box Cookies

1 cup white sugar	1 teaspoon cinnamon
1 cup brown sugar	1 teaspoon nutmeg
1 cup lard	1 teaspoon cloves
1 cup butter	1 teaspoon salt
3 eggs	6½ cups flour
1 level teaspoon soda in two tablespoons hot water	
¼ pound walnuts or almonds, broken up	

Cream the butter, lard and sugar. Add the other ingredients in their order. This mixes into a stiff dough which you put into a bread tin and stand in the ice box over night.

In the morning put the loaf on the bread board and slice in thin slices as you would any meat loaf. Bake on cookie sheet in quick oven. This makes a good many but they keep nicely.

Julia Gould (Lambda Nu).

Lace Curtain Cookies

1 cup sugar	salt
1 tablespoon butter, creamed	2½ cups oatmeal
2 eggs, beaten separately	2 teaspoons baking powder

Drop onto tins and bake in hot oven.

Unsigned (Kappa).

Marshmallow Cookies

Rub one-half cup butter to a cream. Add four tablespoons cocoa, yolks three eggs beaten, and one-half cup water. Then incorporate beaten whites of eggs and one and one-half cups flour, sifted with three tablespoons baking powder. Bake in small tins; when done cover with boiled frosting and press into top of each a marshmallow or two.

Ethel Richter Megeath (Lambda).

Molasses Cookies

2 cups molasses	1 egg
little ginger or cinnamon	10 tablespoons hot water
1 teaspoon salt	3 teaspoons soda
12 tablespoons shortening	5 or 6 cups flour

Stir up and let stand an hour before baking.

Theodora Carpenter (Lambda).

Nut Cookies

2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup flour
1 egg	2 tablespoons milk
1 teaspoon baking powder	lemon or vanilla
$\frac{1}{2}$ cup finely chopped nuts	

Cream the butter, add sugar and egg well beaten. Mix and sift baking powder, salt and flour, add to first mixture, then add milk, nuts and flavoring. Drop the mixture from a teaspoon on an unbuttered sheet an inch apart. Bake from twelve to fifteen minutes in a slow oven. This recipe will make twenty-four cookies.

Margaret W. Price (Chi Sigma).

Oatmeal Cookies

$2\frac{1}{2}$ cups oatmeal, ground	1 teaspoon soda
1 cup brown sugar	salt
$\frac{1}{2}$ cup hot water	cinnamon
$2\frac{1}{2}$ cups flour	$\frac{3}{4}$ cup shortening

Add all ingredients except flour and water. Pour hot water in mixing dish, then add flour. Roll out thin, cut in strips. If you wish, make a paste of dates and a little water. Spread on strips and bake. Cover with another strip before baking.

Grace Connors Nelson (Lambda Nu).

Pineapple Cookies

$\frac{3}{4}$ cup butter, scant	$2\frac{1}{2}$ cups flour
1 cup sugar	2 eggs
$\frac{1}{2}$ cup pineapple	2 tablespoons cream
$\frac{1}{2}$ cup pineapple juice	
2 teaspoons baking powder, heaping	
1 teaspoon vanilla	

Cream butter and sugar, add eggs, slightly beaten, then pineapple and juice. Sift into this flour and baking powder. Add cream and vanilla. Drop from spoon onto buttered pan and bake in moderate oven. If not stiff enough to make good drop cakes, add more flour.

Irma Child Browne (Beta).

Raisin Cookies, Children's Delight

1 cup sour cream	
1 cup sugar	1 teaspoon soda
1 egg	1 pinch salt

Enough flour to roll well, about four cups. Roll thin, spread one pound chopped raisins, double over, roll slightly. Cut in squares and bake in hot oven.

Agnes Claypole Moody (Chi).

Shredded Wheat Cookies

1 cup white sugar	2 eggs
1 cup brown sugar	1 teaspoon soda in
$\frac{1}{2}$ cup lard	$\frac{1}{2}$ cup sour milk
$\frac{1}{2}$ cup butter	3 cups of flour
6 shredded wheat cakes, rolled	

Drop the batter into pans according to size of cookie desired.

Elaine Shields (Xi).

Sour Cream Cookies

cream $\frac{1}{2}$ cup butter and 1 cup sugar	
1 beaten egg	$2\frac{1}{2}$ cups flour
$\frac{1}{2}$ cup thick sour cream	$3\frac{1}{2}$ teaspoons baking powder
$\frac{1}{4}$ teaspoon soda	

Beat well into first mixture. Add one teaspoon vanilla. Drop from spoon on buttered pans.

Mrs. Mac Sumner (Eta Upsilon).

Sugar Cookies

1 cup sugar	2 teaspoons baking powder
1 cup butter	3 eggs
4 cups flour	1 teaspoon cinnamon

Bake in thin strips and cut into diamonds while hot.

Leonora Mann (Lambda Nu).

KISSES, MACAROONS, AND MARGUERITES

Kisses

whites 6 eggs
14 tablespoons granulated sugar
1 cup pecan nuts, not chopped

Put sugar into whites of eggs and beat until stiff enough to drop from a spoon. All sugar must be dissolved. Drop onto ungreased paper. Bake in a slow oven for forty minutes.

Margaret C. Henry (Sigma).

Corn Flake Kisses

1 scant cup sugar	$\frac{3}{4}$ cup cocoanut
3 egg whites, beaten stiff	tiny pinch salt
2 cups corn flakes	

Beat eggs stiff, then beat in sugar gradually and other ingredients. Drop on buttered tin by spoonfuls. Bake in slow oven until firm.

Lois Tennant Pennock (Lambda).

Cocoanut Macaroons

whites 2 eggs, well beaten	1 cup powdered sugar
pinch salt	2 tablespoons corn starch
2 cups cocoanut	

Drop on buttered pans and bake.

Mrs. Fanny Huntley Truair (Rho Sigma).

Nut Macaroons

white of 1 egg	1 cup nut meats
1 cup light brown sugar	$\frac{1}{4}$ teaspoon salt

Take a very scant cup of sugar and if it is too dark brown, use a little white to make the measure. Beat white of egg until light, and while beating constantly, add sugar gradually. Fold in nut meats, finely chopped, and sprinkled with salt. Drop from tip of spoon one inch apart on buttered sheet, and bake in a moderate oven until delicately browned. This recipe makes twelve macaroons.

Alice Christopher Browne (Sigma).

Peanut Macaroons

1 cup powdered sugar 1 cup peanut meats
 1 tablespoon flour whites of 2 eggs
 Mix flour and sugar, add peanuts and eggs, bake on buttered tins.
 Mabel Kellogg (Chi).

Peanut Macaroons

whites of 3 eggs, well beaten
 1 cup sugar, beaten in 1 glass of peanut butter
 Mix and drop on oiled paper. Bake in moderate oven for twenty
 or twenty-five minutes. Helen Stevens West (Sigma).

Marguerites

white of one egg, beaten stiff
 4 tablespoons granulated sugar
 ½ cup English walnuts, finely chopped
 Stir in one-half teaspoon mapleine. Spread on salted wafers and
 bake until brown. This is sufficient for twenty chips.
 Jeannette R. Fox (Nu).

Marguerites

Boil one cup sugar and one-half cup water until it threads. Remove to back of stove and drop in five marshmallows, cut in pieces. Let stand to dissolve, then gradually pour onto whites of two eggs, beaten until foamy. Add two tablespoons shredded cocoanut, one-fourth teaspoon vanilla. When partly cool, add one cup English walnut meats. Spread on saltines and brown slightly in a hot oven. This quantity will spread between three and four dozen crackers.
 Grace Johnston (Omieron).

Mocha Cakes

Cut a square or oblong of angel cake into small cubes about one and three-quarters inches each way. Mix powdered sugar and butter to form a filling that will be soft enough to spread easily. Spread on all sides of each little cube of angel food and roll in almonds that have been browned and ground or chopped fine. These are very nice for afternoon tea.
 Ruth Scott Dancer (Xi).

COFFEE CAKE AND GINGER BREADS

Bishop's Bread

3 eggs	1 cup almonds not blanched
1 cup sugar	1½ cups flour
1 cup raisins	1½ teaspoons baking powder

Mix eggs and sugar thoroughly, add other ingredients, put in shallow pan and bake in slow oven. Cut in strips while warm and leave in pan to cool.

Margaret Jayne (Tau).

Blitz Kuchen

½ cup butter	2 eggs
¾ cup sugar	rind 1 lemon, grated
½ cup milk	
1½ cups flour, measured after sifting	
½ teaspoon baking powder	

blanched almonds, cut lengthwise and mixed with sugar and cinnamon

Cream butter, add sugar and beat well, stir in eggs, lemon rind, milk, and flour with baking powder, alternately. Spread in two biscuit tins, cover with almonds. Bake twenty minutes.

Evelyn N. Walbridge (Omega Sigma).

Almond Short Bread

1 pound flour	pinch salt
½ pound butter	5 ounces sugar
1 ounce blanched and chopped almonds	

Sift the flour and salt onto a baking board. Knead the butter and sugar together, then gradually draw in the flour, kneading well, add the almonds and knead again, keeping the lump firm in both hands. When all is worked up into a stiff paste cut it into three pieces and make each piece round, and about half an inch thick, pinch the edges, dust over with finely chopped almonds, and bake in a moderate oven until they are a nice brown color. The time depends on the thickness of the cakes—from one-fourth to one-half hour.

Jean Mearns (Alpha Gamma).

Scotch Short Bread

$\frac{1}{2}$ cup sugar	2 cups flour
1 cup butter	1 teaspoon salt

Cream butter and sugar, add flour and salt together. Bake in shallow tin. Cut while hot.

Margaret Benton Eichhorn (Lambda Nu).

Coffee Cake

$\frac{1}{2}$ cup sugar	2 cups flour, sifted
1 well beaten egg	$\frac{1}{2}$ teaspoon soda
1 cup buttermilk or sour milk	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{8}$ cup melted butter	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{4}$ teaspoons baking powder	

Bake in two pie tins twenty to thirty minutes and spread over top; one-fourth cup sugar, one-fourth cup chopped nuts, one teaspoon cinnamon, bits of butter.

Julia B. Gould (Lambda Nu).

Coffee Cake

1 cup very strong coffee	3 eggs
1 cup butter	$1\frac{1}{2}$ pints flour
2 cups sugar	$\frac{1}{2}$ cup chopped citron
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup milk
1 cup stoned raisins, cut in two	
1 teaspoon allspice and 1 of nutmeg	

Bake in a hot oven fifty minutes.

Louise Schriefer (Omicron).

Coffee Cake

$\frac{1}{4}$ cup butter or oleo	2 eggs
$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ cups flour
pinch salt	
milk enough to make a soft dough, about $\frac{1}{4}$ cup	
1 heaping teaspoon baking powder	

Cream butter and sugar, add beaten eggs and milk, then dry ingredients, sifted together. Sprinkle top with sugar, cinnamon and chopped walnuts. Bake in shallow pan in hot oven, taking care to avoid burning.

Lucia E. Lyons (Xi).

Chocolate Ginger Bread

1 cup molasses	2 teaspoons melted butter
$\frac{1}{2}$ cup sour cream or milk	$\frac{1}{2}$ teaspoon salt
1 teaspoon soda, dissolved in	
1 tablespoon water	1 teaspoon ginger
2 cups flour	1 teaspoon cinnamon
4 tablespoons (2 squares) grated chocolate	

Mix in order given. Bake in a loaf in a moderate oven.

Theodora Stark Carpenter (Lambda).

Cold Tea Ginger Bread

$\frac{1}{2}$ cup cold tea	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ cup sugar	$1\frac{3}{4}$ cups flour
1 teaspoon soda	1 egg
$\frac{1}{2}$ cup butter	

Cream butter and sugar. Add other ingredients and add egg last.

Grace Conners Nelson (Lambda Nu).

Frozen Gingerbread

1 cup New Orleans molasses	
1 cup sugar	1 tablespoon soda
1 cup melted lard	1 tablespoon cinnamon
2 eggs	2 tablespoons ginger
4 cups flour	1 cup boiling water

Mix molasses, sugar, and lard, then spices, salt to suit taste, yolks of eggs, stir in all flour you can, add boiling water with soda dissolved in it, beaten whites of eggs last. This batter can be set in a cool place and kept for two weeks, and any quantity baked as desired.

Susanna H. Parry (Alpha Beta).

Molasses Ginger Bread

$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon nutmeg
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tablespoon ginger
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup molasses	$1\frac{1}{2}$ teaspoons soda
$\frac{1}{2}$ cup sour milk	$\frac{1}{4}$ teaspoon salt
2 eggs	

Melt together in an earthenware dish butter, sugar, molasses and

spices, then remove from fire. Add eggs well beaten, milk, soda, dissolved in a little hot water, and lastly flour. Bake in moderate oven from twenty to thirty minutes. This makes a delicious cold weather dessert, served with sweetened and flavored whipped cream.

Mabel W. Wright (Phi Omega).

Nothings

1 egg

pinch salt

1 tablespoon cream

2 tablespoons sugar

Flour enough to make thick enough to roll.

Roll very thin, cut in strips or in queer shapes. Fry in deep fat until brown. Dust with powdered sugar.

Lois Marshall (Theta).

Scotch Scones for Tea

2 cups flour

1 teaspoon salt

2 teaspoons baking powder

buttermilk enough to make a stiff batter

Roll out, cut with cookie cutter. Fry on a griddle or in a pan, on both sides and edges. Split with fork and butter.

Blanche Garten (Kappa).

DOUGHNUTS

Fattimands Bôckles

- | | |
|-------------------------------|---------------------|
| 2 eggs, well beaten | 2 tablespoons cream |
| 2 tablespoons sugar | flavor with nutmeg |
| flour enough to make it stiff | |

Roll very, very thin. Fry in deep lard.

Margaret Denfeld Hudson (Lambda).

Comfits

- | | |
|---------------------------|--------------------------|
| 1 cup sugar | 2 eggs |
| 1 cup milk | 1 teaspoon lemon extract |
| 3 cups flour | salt |
| 2 teaspoons baking powder | |

Drop dough into hot lard and fry as doughnuts. When powdered with sugar they are pretty enough to serve with tea or coffee in the afternoon.

Ethel Rockwood Phillips (Lambda).

Doughnuts

- | | |
|---------------------|--------------------------------|
| 2 eggs, well beaten | $\frac{1}{4}$ nutmeg, grated |
| 1 cup sugar, added | 3 teaspoons <i>full</i> melted |
| little salt | butter |

Cream the above thoroughly. Add one cup milk. Flour enough to roll. Two teaspoons baking powder. Keep as soft as possible. *Beat hard* after half the flour is in. Roll *all* out before frying as standing improves them.

Marion Prest (Lambda).

Potato Doughnuts

- | | |
|---------------------------------|--------------------------------|
| 2 well beaten eggs | $1\frac{1}{2}$ cups sweet milk |
| 1 cup mashed potatoes | 1 teaspoon salt |
| 2 tablespoons melted lard | flour enough to handle |
| 6 level teaspoons baking powder | |
| 1 teaspoon nutmeg or cinnamon | |

The secret of successful doughnut making lies in adding just enough flour to handle, frying in Crisco or lard, to which a tablespoon of vinegar is added before the blue haze arises and not chilling the grease by placing all the fresh dough in the kettle at the same time.

Nellie Mary Ober (Theta).

Spiced Fried Cakes

1½ cups sour milk
1 cup sugar
2 eggs
1 teaspoon soda
2 teaspoons baking powder
2 tablespoons shortening
1 teaspoon salt
1 heaping teaspoon nutmeg
1 teaspoon cinnamon
pinch of ginger

Flour enough to make soft dough. Add spices, soda, baking powder to some of the flour. Add all ingredients, then stir just enough to mix them. Make soft dough, but stiff enough to be handled on board. Fry in hot lard.

CAKE FROSTINGS

Allegretti Frosting

Make a regular boiled frosting and spread on cake. When this has hardened, put a coating of melted Baker's chocolate over all.

Margaret Van Bergen (Lambda).

Boiled Icing

1 cup sugar

cold water enough to dissolve the sugar

Boil until it threads. Pour over the beaten white of one egg and beat until stiff enough to spread on cake.

Harriet Van Bergen Deering (Lambda).

Burnt Sugar Frosting

Burn sugar according to rule under "Burnt Leather Cake." Boil one and one-half cups sugar and about one-half cup water (enough water to dissolve sugar). Add enough burnt syrup to darken this white syrup (two or three tablespoons). Boil hard a few minutes, then add four tablespoons of syrup to well beaten white of egg. Cook rest of syrup until it hairs at third or fourth drop, then add gradually to white of egg, beating continually. When stiff enough, spread on cake.

Grace Nelson (Lambda).

Caramel Icing

2½ cups light brown sugar

½ cup granulated sugar

Stir over the fire until boiling. Add:

1 cup thick sweet cream

1 large tablespoon butter

Cook until it hardens when tested in water. Remove from fire and beat hard until thick and creamy. If too hard, add a little boiling water; if too soft, return to the fire a few minutes. Spread on quickly and smooth with a silver knife dipped in hot water. Do not frost cake until both cake and frosting are cool.

Martha Dever Moulton (Lambda).

Chocolate Frosting

2 cups powdered sugar 1½ tablespoons butter

Cream together and add two tablespoons cold water, white of one egg beaten stiff, two squares melted chocolate, one-half teaspoon vanilla.
Helen Plant Southall (Lambda Nu).

Chocolate Filling

½ cup grated chocolate 2 cups sugar

lump of butter the size of an egg ¾ cup milk

Mix and cook until it makes a soft ball in cold water. Remove from fire and beat until cool. If it should get too hard add a tablespoon or two of boiling water.
Eva Webb Dodd (Founder).

Icing for Chocolate Cake No. 2

3 cups sugar ½ cake chocolate

1 cup milk

Let milk and sugar come to a boil and then add chocolate. Boil until it forms soft ball in cold water. Let it stand until almost cool, then stir.
Grace Connors Nelson (Lambda Nu).

Filling for Any Chocolate Cake

2 cups milk 2 squares chocolate

1 cup sugar vanilla

4 dessert spoons cornstarch

Boil this as you do chocolate pudding. When it thickens set aside until partly cooled, then stir and put on cake.

Grace Connors Nelson (Lambda Nu).

Chocolate Icing

2 cups sugar 2 egg whites

½ cup boiling water bit of butter in chocolate

2½ squares chocolate

Boil sugar and water until it threads, then beat in stiff beaten whites. When about ready to put on cake add melted chocolate. Then spread on cake.
Anna Glindemann (Nu).

Chocolate Icing

beaten whites of 2 eggs 1 cup powdered sugar
 2 squares melted chocolate
 then fold in $\frac{1}{2}$ pint cream, whipped
 use $\frac{1}{2}$ of $\frac{1}{2}$ pint bottle. Doris Churchill (Rho).

Chocolate Icing

7 tablespoons grated chocolate 1 egg, beaten whole
 $\frac{3}{4}$ cup sugar 2 tablespoons sweet cream

Beat well together and set on stove; bring to a boil, stirring constantly. When just boiling take from fire and add one-half teaspoon vanilla and beat until cool.

Margaret Denfeld Hudson (Lambda).

Frosting for Cake

$\frac{1}{2}$ cup cream, sweet or sour 1 teaspoon vanilla
 2 squares chocolate, melted over hot water

Stir powdered sugar into the cream, adding it slowly, until almost stiff enough to spread, then add the melted chocolate. Add sugar until stiff.

Edith Foulke (Lambda Nu).

Frosting

1 cup sugar pinch of salt
 $\frac{1}{2}$ cup boiling water 1 tablespoon sugar
 whites of 2 eggs vanilla
 pinch of cream of tartar

Cook the sugar and water together very slowly, without stirring. Beat whites of eggs and add one tablespoon of uncooked sugar and pinch of salt. Add one tablespoon of boiling sugar to beaten eggs and beat well. Add more gradually. Be sure the last three tablespoons of sugar syrup boils well before adding to the beaten whites.

Put the frosting in a double boiler and keep lifting carefully with a spoon. Cook until it keeps its shape when lifted with a spoon (about three or four minutes).

Remove from the fire, add cream of tartar and vanilla.

This makes a rich thick frosting for cake.

Alcetta Gilbert Clark (Lambda Nu).

Lemon Filling

2 cups confectionery sugar

3 tablespoons cream

Mix together and add yolks of three or four eggs. Flavor with lemon.

Cora Harmon (Pi).

Lemon Filling

grated rind and juice of 1 lemon

1 egg

1 cup sugar

Beat well and cook in double boiler until done. Beat until thick enough to spread.

Katharine F. Herrmann (Alpha Beta).

Mocha Frosting

2 cups powdered sugar

8 teaspoons cocoa

$\frac{1}{4}$ cup oleomargarine

3 tablespoons hot coffee

Stir and put on cake.

Grace Connors Nelson (Lambda Nu).

Mocha Icing

a piece of butter the size of an egg

1 tablespoon cocoa

Mix the cocoa and butter together. Then add:

2 tablespoons cold coffee

1 teaspoon vanilla

2 cups confectioner's sugar

Gladys Gary (Eta).

Marshmallow Filling

3 cups sugar

1 cup water

3 tablespoons corn syrup

Mix and cook until it makes a soft ball in cold water. Remove from fire and beat slowly into stiffly beaten whites of three eggs. Add one cup of marshmallows, chopped fine, one cup chopped pecans and one teaspoon vanilla. Beat until cool and creamy.

Eva Webb Dodd (Founder).

Marshmallow Icing

2 cups sugar

1 cup water

Cook until it threads.

Pour over the well beaten whites of two eggs.

Add one-half pound marshmallows and beat well.

Spread between and over layers.

Louise Riggs (Theta).

Pecan Frosting

1 cup cream, sour or sweet

1 cup pecans, cut up

1 cup sugar

Boil together until thick. Put whole pecans over top layer, aside from those chopped up and boiled with the mixture.

Gladys Huffman (Pi).

Snow Balls

Cut pieces of pound cake about two inches square. Dip into stiffly beaten white of egg and dip in cocoanut.

Alta Stevenson (Eta).

Frosting

whites of 2 eggs

Beat a little, add pinch of salt and pinch of cream of tartar. Beat stiff.

add 1 cup sugar

3 tablespoons cold water

Put in a double boiler and beat for eight minutes as it cooks, or until the mixture can be raised to a point from a spoon. This never fails.

Kathleen Frazee Marcy (Lambda Nu).

Caramel Frosting

1½ cups light brown sugar

1 tablespoon butter

½ cup cream or rich milk

Boil slowly until it forms a soft ball in water. Take from the fire and add vanilla to taste.

Beat until ready to spread.

Lillian Smith Burwell (Lambda Nu).

DESSERTS

Almond Pudding

Line dessert cups with strips of sponge cake. Fill with following custard:

2 eggs

1 pint milk

$\frac{1}{2}$ cup sugar

2 tablespoons cornstarch

When custard is partly cool, flavor and add two-thirds cup chopped blanched almonds. Serve very cold.

Helen Berkman Judd (Lambda).

African Cream

Into yolks of two eggs well beaten stir four tablespoons sugar, two tablespoons flour and flavor with vanilla. Pour this into one pint of boiling milk and stir until quite thick. Remove top and inside of a sponge cake and fill vacancy with the cream. Replace top and cover with chocolate icing.

Leulah J. Hawley (Lambda Nu).

Ambrosia

Put layer of oranges sliced thin in dish, cover with powdered sugar and grated cocoanut, alternating layers until dish is full, leaving a cocoanut layer for top. Serve cold.

Gayle Marshall (Theta).

Angel's Dessert

1 cup brown sugar

1 cup nuts

2 eggs, well beaten

1 cup dates

1 teaspoon baking powder

2 teaspoons flour

Stir sugar, flour and baking powder together and add the other ingredients. Bake in a slow oven twenty minutes. Serve with cream.

Frances Skinner Blitz (Lambda).

Delmonico Apple

Stew and sweeten to taste one quart peaches, one quart apples. Chop together one and one-half pounds blanched almonds, twenty cents worth macaroons.

Put fruit in well buttered pan, add small lumps butter, then add nuts and macaroons, alternating layers until dish is full. Bake half hour, or until brown. Harriet Merrill Clifton (Lambda).

Apricot Float

Squeeze stewed apricots through sieve. To one cup apricots add whites of two or three eggs beaten light with a little sugar. Put in slightly buttered pan and brown lightly. Mabel M. Reese (Psi).

Apples in Butter Sauce

4 large sweet apples	water
2 tablespoons butter	$\frac{1}{4}$ teaspoon vanilla
2 tablespoons flour	$\frac{1}{2}$ teaspoon cinnamon

Melt butter and blend with flour, add water slowly until the consistency of white sauce. When smooth put in the apples, pared and cut into sixteenths. Then add enough water to cover apples. Cook until apples are tender and flavor with vanilla and cinnamon. If possible use "Weaver Sweet Apples."

Ella Ward Carson (Epsilon).

Apples à la Tomato

Peel and core apples that do not break when cooking and put in water to cover them. Drop in enough red cinnamon candies to color the water and cook until done. Serve with whipped cream and nuts in the center. Irene Blades Hickman (Theta).

Apple Dumplings

1 pint flour	pinch of salt
1 good teaspoon baking powder	2 large tablespoons butter

Mix all together with milk until soft. Roll a little and fill with quartered apples sweetened. Put in a deep pan and after they have started to bake pour following sauce around them and continue baking. Cook together for five minutes: one pint boiling water, three tablespoons sugar, and two tablespoons butter.

Mary M. Breene (Tau Zeta).

Stuffed Apples

Peel and core sour apples, place in baking dish. Fill each center with sugar and one teaspoon of lemon juice. Measure one tablespoon of water for each apple and pour it around them. Bake until apples are soft, from twenty to forty minutes, basting every ten minutes. Place apples in dish, stuff with chopped nuts and dates, then pour juice over. Serve cold with whipped cream.

Elsie Foulke Haney (Lambda).

Apricot Soufflé

1 jelly glass of apricot marmalade

4 egg whites, $\frac{1}{2}$ stiffly beaten

$\frac{1}{2}$ cup granulated sugar

Beat eggs, add sugar gradually, then beat in marmalade. Bake in moderate oven from twenty to twenty-five minutes. Let it stay in open oven from which the heat has been turned off until ready to serve. Serve with whipped cream.

Ina Firkins (Lambda Nu).

Apple Soufflé

Make as above, using one cup grated raw apple, or very thick apple sauce instead of apricot. Serve with whipped cream.

Ina TenEyek Firkins (Lambda).

Transparent Apples

2 cups sugar (granulated)

1 cup water

Boil five minutes, to a syrup.

Add 1 teaspoon mapleine.

Pare and core 6 apples. Place in syrup for about fifteen minutes. Turn over and cook until transparent. Take out, put on plate and cool. Serve with whipped cream. Very good served with pork.

Frances M. Samuel (Rho).

Banana Whip

1 banana

$\frac{1}{3}$ cup double cream

$\frac{1}{4}$ cup sugar

2 pistachio nuts

1 tablespoon lemon juice

Peel bananas, scrape off the coarse threads and press pulp through a sieve, add sugar, and lemon juice and cook over fire, stirring con-

stantly until it boils. Remove from the fire and let chill. Beat cream until firm to the bottom of bowl. Fold the chilled banana together and turn into two glasses. Chop nuts fine and sprinkle on top. Serves two.

Norma Rosholt Cammack (Lambda).

Bird's Nest Pudding

Beat one egg well and add it to two tablespoons sugar, rubbed into one tablespoon butter. Then add one small cup of milk and one cup of flour sifted with one rounded teaspoon of baking powder.

Fill a deep dish with small pieces of apple or other fruit, cover with a small cup of sugar and juice of half a lemon. Pour the batter over this and bake in a hot oven forty minutes. Serve hot with cream.

Edna Judson Wilde (Lambda Nu).

Black Pudding

$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoon soda
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{4}$ cup milk	$1\frac{1}{2}$ cups flour
2 eggs	

Steam one hour. Serve hot with egg sauce.

Egg Sauce

Beat two eggs well, adding one cup sugar gradually and flavor with vanilla.

H. Safford (Nu).

Blueberry Pudding

2 eggs	
2 tablespoons baking powder	
2 cups flour	2 cups of berries
1 cup sweet milk	$\frac{1}{2}$ teaspoon salt
Steam for two hours.	

Elizabeth McDowell (Omicron).

Bread Pudding

- 1 pint of fine bread crumbs
- 1 quart sweet milk
- 1/2 cup brown sugar
- grated rind of 1 lemon
- yolks of 4 eggs
- butter size of an egg

Bake until thick. Beat up the whites of the eggs, juice of the lemon, and a teacup of sugar. Spread over top and brown in the oven.

Harriet Jefferson Pinkham (Lambda).

Brown Betty

- 2 cups apples, sliced thin
- 1 cup bread crumbs
- 2 tablespoons butter, cut into bits

Butter a baking dish and put layer of apples sprinkled with sugar and a little cinnamon, then layer of crumbs, alternating layers. Dot layers of crumbs with bits of butter. Add a few tablespoons of water. Bake closely covered thirty to forty minutes, then uncover and brown. Serve hot or cold with sweetened cream and nutmeg.

Madge Smith (Chi).

Boiled Caramel Custard

- 1 quart milk
- 4 eggs
- 4 level tablespoons flour
- 4 tablespoons sugar besides the sugar used in making the caramel syrup
- 4 tablespoons caramel syrup, made by browning white sugar to a dark syrup and adding boiling water.
- pinch of salt
- vanilla to taste

Beat up yolks of eggs and add sugar and flour mixed, salt, caramel and a little cold milk so it will pour easily. Add this mixture to a quart of hot milk, and cook in a double boiler until the custard thickens.

The whites of the eggs may be used to make meringue. Beat and sweeten and put on top of the custard when ready to serve.

Margaret Frisbie Wood (Lambda Nu).

Brown Pudding

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|--------------------------------------------|----------------|
| 1 egg | 1½ cups flour |
| 2 tablespoons sugar | ½ cup molasses |
| 1 teaspoon soda stirred well into molasses | |
| 2 tablespoons melted butter | |

Beat well, then add one-half cup boiling water. This makes a thin pudding, but do not add any more flour. Steam one hour.

Sauce

Yolks of two eggs beaten with one-half cup sugar, the longer beaten the better. Add one-half pint whipped cream, but do not add until ready to serve. Flavor.

Florence Bemis Reed (Omega).

Carrot Pudding

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|---------------------------|--------------------|
| 1 cup granulated sugar | 1 teaspoon soda |
| 1 cup suet | spices and vanilla |
| 1 cup grated raw potatoes | 1 cup raisins |
| 1 cup grated raw carrots | 1 cup currants |
| 1½ cups flour | |

Boil in double boiler for three hours. Serve with brandy sauce.

Besse Wilder (Pi).

Cherry Pudding

- | | |
|---------------------------|-----------------|
| 1 cup flour | } sift together |
| 1½ teaspoon baking powder | |
| pinch salt | |

Beat yolk of one egg and add one-third cup sugar, three tablespoons melted butter, one-quarter cup milk.

Mix with the sifted mixture.

Add one cup seeded cherries and white of egg beaten.

Steam in five cups for twenty-five minutes.

For chocolate pudding add two squares melted chocolate instead of the cherries. Serve with hard sauce.

Hard Sauce

- | | |
|----------------------|---------------------|
| ¼ cup butter | 2 tablespoons cream |
| 1 cup powdered sugar | vanilla |

Helen Plant Southall (Lambda).

Cherry Torte

1 teaspoon baking powder

1 cup of flour

1 egg

1 tablespoon butter

6 teaspoons sugar

Mix and put into pan. Pour in cherries and place in oven. Mix yolks of four eggs, one cup sugar, three-fourths cup milk and one tablespoon cornstarch.

Pour over fruit and bake one hour. Beat whites of eggs with sugar and spread over pudding and brown.

Florence Mayer (Tau Zeta).

Chocolate Cream

2 cups scalded milk

1 cup sugar

5 tablespoons cornstarch

1½ squares Baker's chocolate

3 tablespoons hot water

whites 3 eggs

¼ teaspoon salt

⅓ cup cold milk

1 teaspoon vanilla

Mix cornstarch, sugar and salt, dilute with cold milk, add to scalded milk and cook over hot water ten minutes, stirring constantly until thickened. Melt chocolate, add hot water. Stir until smooth, and add to cooked mixture. Cool, add whites of eggs, beaten stiff, also vanilla. Mould, chill and serve with cream. Makes eight small puddings.

Nelle Stinchfield Braasch (Lambda).

Chocolate Pudding

1 cup fresh bread crumbs

2 cups hot milk

2 squares chocolate

⅓ cup sugar

1 egg

¼ teaspoon salt

Soak the bread crumbs in one-half the hot milk. Melt the chocolate over hot water, add sugar and the rest of the milk. Add the bread crumbs and remaining ingredients. Bake in a casserole, or in cups about one-half hour. Serve cold with whipped cream.

Theodora Stark Carpenter (Lambda).

Chocolate Puffs

Beat white of egg until very light, add confectioner's sugar and cocoa until a good paste is formed. Add pinch of salt and vanilla to taste. Mould into little balls, roll in granulated sugar and place in oven for three minutes.

Lois Ward (Omicron).

Chocolate Soufflé

Melt one rounded tablespoon butter in saucepan. Stir in two rounded tablespoons flour and cook a minute. Add slowly one-half cup milk and cook this until smooth and a little thickened. Remove from fire. Add slowly yolks of three eggs beaten with four large tablespoons sugar. Mix thoroughly and add three ounces of chocolate, melted. Stir and set away to cool. Rub a little butter over top to prevent crust forming. When ready to bake fold in lightly whites of four eggs beaten stiff. Bake in earthenware pudding dish in water.

Leulah J. Hawley (Lambda Nu).

Chocolate Steam Pudding

$\frac{1}{2}$ cup granulated sugar	2 teaspoons baking powder
1 egg	1 square chocolate melted
$\frac{1}{2}$ cup milk	1 tablespoon butter
Steam one and one-half hours.	1 cup flour

Sauce

Beat one egg, add one cup powdered sugar, a little melted butter and one teaspoon of vanilla.

Mrs. R. K. Crawford (Eta Upsilon).

Cottage Pudding

$\frac{1}{2}$ cup butter	1 cup sugar
2 eggs, whites and yolks beaten separately	
$\frac{1}{2}$ cup milk	2 cups flour
$1\frac{1}{2}$ teaspoons baking powder	

Serve with following sauce: mix one cup of sugar with butter size of an egg, melted; add one cup hot water; when it boils thicken with cornstarch, dissolved in a little water; flavor with lemon and vanilla.

Edith Fryer Siebold (Lambda).

Baked Custard for Two

1 egg, beaten	1 cup cream
2 tablespoons sugar	vanilla

Bake twenty minutes in a pan set in water.

Helen Plant Southall (Lambda Nu).

Baked Caramel Custard

4 cups scalded milk	
5 eggs	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup sugar

Put sugar in omelette pan, stir constantly until melted to syrup of light brown color, add gradually to hot milk. When sugar is melted, add to eggs, slightly beaten. Add salt and vanilla. Strain into buttered mould or baking dish. Bake in pan of hot water about twenty minutes. Test with silver knife.

Kate Sexton (Beta).

Dark Pudding

$\frac{1}{2}$ cup molasses	
$\frac{1}{4}$ cup butter	2 cups flour
$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ teaspoon cinnamon, cloves, allspice	
$\frac{1}{4}$ cup nut meats and 1 cup raisins, floured	

Steam one hour. Serves six. Serve with hard sauce.

Grace C. Nelson (Lambda Nu).

Dark Secret

1 cup white sugar	1 cup dates in halves
1 cup walnuts in quarters	
3 eggs	3 tablespoons flour
1 teaspoon baking powder	

Bake in kuchen tins and break into pieces after baked. Put a layer on a plate, then a layer of oranges cut in small pieces, another layer of cake and a layer of bananas. Sprinkle fruit with sugar and cover with whipped cream.

Esther Kelly (Omega).

Date Pudding

- 3 eggs, beaten light, separately
 1 cup sugar
 $\frac{1}{2}$ cup walnuts, cut coarse
 $\frac{1}{2}$ cup dates, cut up
 1 heaping teaspoon baking powder
 1 heaping tablespoon flour

Put dry ingredients together, then add eggs, first yolks, then whites, and whip. Bake in very slow oven thirty minutes. Serve with plain or whipped cream.

Eleanor Hamilton Gregg (Lambda).

Date Pudding

- | | |
|-------------------|--------------------------------|
| 1 cup pecan meats | salt |
| 1 cup dates | 1 pinch cinnamon |
| 1 cup sugar | $\frac{1}{3}$ cup bread crumbs |
| 2 unbeaten eggs | 1 teaspoon baking powder |

Pour in buttered dish and steam one hour.

R. Wollman (Iota Sigma).

Date Soufflé

$\frac{1}{2}$ pound dates, chopped and cooked in $\frac{1}{2}$ cup boiling water
 mash until smooth

- | | |
|--------------------------------|-------------------------|
| 5 egg whites, beaten stiff | $\frac{1}{4}$ cup sugar |
| 1 tablespoon lemon juice, salt | |

Pour into buttered baking dish and bake twenty-five minutes. Serve cold with a boiled custard or whipped cream.

Mildred Lawrence (Alpha Delta).

Delight

Whip a pint of good thick cream slightly diluted with milk and flavor with vanilla. Cut in halves, and remove the seeds from half a pound of white grapes; break up into small pieces half a pound of English walnuts; and cut into cubes half a pound, or less, of very soft and fresh marshmallows. Stir all into the whipped cream until the mixture is of the consistency of paste.

Cora Morrison (Tau Zeta).

Eagle Sundae

1 can Borden's Eagle Brand condensed milk
marshmallow sauce
chopped nuts and candied cherries

Do not open the can of milk but place it in a kettle of water and boil it sealed for three hours. This reduces the milk to caramel. Open the can and chill the contents. Serve in compote glasses with marshmallow sauce and garnish of nuts and cherries. This serves six.

Harriet Moore Pier (Lambda).

A Favorite Pudding

1 heaping pint of perfectly dry and very fine bread crumbs	
1 egg	5 scant tablespoons melted
$\frac{1}{2}$ cup sugar	butter
1 cup hot water	1 teaspoon soda
1 cup molasses	1 cup flour
1 heaping cup raisins	1 teaspoon cinnamon

Steam two or two and one-half hours in buttered dish, serve with whipped cream or foam sauce. Water should boil rapidly while steaming. Dates may be substituted for raisins and chopped nuts may be added.

Fig Pudding

1 cup suet	2 eggs
1 cup brown sugar	$\frac{1}{2}$ teaspoon salt
1 cup sweet milk	1 teaspoon cinnamon
3 cups flour	1 pound figs
1 teaspoon baking powder	

Chop suet and figs. Beat the sugar and yolks of eggs together until light, then add milk and flour and beat until smooth. Add the spices, salt and whites of eggs, well beaten, then the baking powder, mixed with the flour. Next add the figs, well floured. Turn into a buttered mould and steam for three hours. Serve warm with a hard sauce.

Julia Bearnese Gould (Lambda).

Fig and Date Pudding

Chop fine one-half pound figs and one-half pound dates, two-third cup boiled rice, small cup sugar and pinch of salt.

After soaking one-half box gelatine in one-half cup water for one hour add to fruit.

Then add one pint whipped cream and pour into mould. Serve cold with whipped cream. This amount will serve ten people.

Anne Puffer Taylor (Lambda Nu).

Fig Soufflé

- | | |
|--------------------------|---------------------|
| 2 eggs | 2 tablespoons flour |
| 1 cup sugar | 1 cup chopped figs |
| 1 teaspoon baking powder | |
| 1 cup chopped walnuts | |

Bake slowly thirty minutes. Serve cold with whipped cream.

Jean Frederickson (Omega).

Fruit Cocktail

- | | |
|---------------------------------------------------|---------------|
| 1 can sliced pineapple | 1 cup sugar |
| 3 oranges | juice 1 lemon |
| ½ cup halved green grapes or fresh sweet cherries | |

Drain juice from the pineapple and boil with sugar until sugar is dissolved. While this is cooking, cut pineapple fine, peel and cut oranges fine, and skin grapes. Pour juice of pineapple and lemon over this. Serve very cold in sherbet glasses, adding maraschino cherries if desired.

Mary Louise Longbrake (Lambda).

Graham Pudding

- | | |
|-------------------------------------|-----------------------|
| 1 cup sweet milk | 1 cup chopped raisins |
| 1 cup molasses | ½ cup corn meal |
| 1½ cups graham flour | |
| 2 teaspoons soda, dissolved in milk | |
| salt | |

Steam two hours. Serve with pudding sauce.

A. Evelyn Abel (Rho Sigma).

English Grape Pudding

Boil one quart grapes in one quart of water, strain, add one cup sugar and stir in one cup cream of wheat. Cook in double boiler fifteen minutes, remove from fire and whip in well beaten whites of two eggs. Pour in moulds to cool and serve with following sauce: heat one pint milk; add yolks of two eggs, well beaten with one-half cup sugar and two tablespoons cornstarch; add salt and vanilla. Cook well and cool before serving.

Ruby Bell (Rho Sigma).

Honey Comb Pudding

$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup butter
$\frac{1}{2}$ cup molasses	4 eggs
1 rounding teaspoon cinnamon	
1 level teaspoon soda dissolved in hot water	

Mix flour and sugar thoroughly. Add molasses, then butter melted in the milk. Add the cinnamon, the eggs beaten together, and lastly the soda. Bake in buttered pan thirty minutes in a medium oven. Serve immediately with a lemon or hard sauce.

Mary Louise Moss (Phi).

Ice Box Cake

2 quarter-pound cakes German sweet chocolate	
2 tablespoons powdered sugar	
4 tablespoons water	4 eggs (separated)
3 dozen lady fingers	$\frac{1}{2}$ pint whipping cream

Melt chocolate in double boiler, then add water, stirring constantly. Remove from stove and drop unbeaten yolks into it, one at a time, beating constantly; next add sugar and the beaten whites of the eggs. Have a loaf pan with removable bottom or use waxed paper for lining for packing the lady fingers. Put in one layer, very close together, pour the chocolate mixture over them, then pack in another layer and more chocolate. Add a little vanilla if wanted. Set into ice box to stiffen. Turn onto a platter and serve at table by slicing and adding whipped cream.

Alice McCelland Decker (Lambda).

Baked Indian Pudding

Two heaping tablespoons of corn meal, wet with a little cold water. Stir gradually into a quart of hot milk, put in a little salt and boil until thick and smooth. Add one-half cup chopped suet or one-fourth cup of butter. When cool add:

3 eggs, beaten light	$\frac{1}{4}$ teaspoon ginger
1 cup sugar	$\frac{1}{2}$ teaspoon nutmeg
1 tablespoon molasses	1 teaspoon cinnamon
$\frac{1}{2}$ cup of seeded raisins	

Bake slowly one and a half hours. If hard sauce is to be served with it, leave out half of the quantity of sugar in the pudding.

Juliette Gates (Sigma).

Krummel Tart

1 cup dried bread crumbs, rolled fine	
1 cup sugar	yolks 6 eggs
1 cup chopped dates	
1 cup English walnuts, chopped fine	
1 teaspoon baking powder	

Mix together, then add the stiffly beaten whites of the six eggs. Bake and when cool serve with whipped cream.

Alice Christopher Browne (Sigma).

Lemon Pudding

Beat yolks four eggs very light, add four tablespoons sugar, two tablespoons of water and grated rind and juice of one lemon. Cook to custard in double boiler. Beat whites of four eggs very light. Add two tablespoons sugar. Beat thoroughly into the custard. Serve in sherbet glasses.

Elsie Sovereign (Sigma).

Lemon Sponge Pudding

$\frac{1}{2}$ cup sugar
1 large lemon, or 2 small ones
3 eggs
$\frac{1}{3}$ packet gelatine

Mix sugar with grated rind and juice of lemon, and add beaten yolks of the eggs. Also mix gelatine (previously dissolved) with well

beaten whites of the eggs. Stir together the two mixtures, beating until stiff. A little sherry may be added for seasoning. No cooking, except to dissolve the gelatine.

Mrs. James Warren McCrosky
(Kappa and Chi Upsilon).

Maple Mousse

1 pint milk	2 eggs
3 tablespoons cornstarch	
1 cup dark brown sugar	
1 teaspoon vanilla	$\frac{1}{2}$ pint cream, whipped

Put sugar in pan and cook until it turns dark brown. Heat milk, then add eggs and cornstarch. Boil twenty minutes. When thickened, add melted sugar, vanilla. Put in sherbet glasses and when ready to serve, add whipped cream and whole pecan nuts.

Psi.

Marshmallow Pudding

One-half pound marshmallows, cut in four pieces. Soak marshmallows over night in one-half pint cream (part milk may be used). Put on ice before serving. Add oranges cut in small pieces, pineapple, nuts, strawberries, Malaga grapes. Any kind of fruit may be used. Serve in ice cups. Whip one-half pint of cream and put on top with cherry or strawberry in center.

A. Evelyn Abel (Rho Sigma).

Nun Cake

3 eggs, beaten separately
 $\frac{2}{3}$ cup sugar, beaten into yolks of eggs
1 cup broken or chopped English walnuts
2 tablespoons flour
1 teaspoon baking powder
vanilla

Bake in two pans and fill with sweetened and flavored whipped cream.

Leonora Mann (Lambda Nu).

Omelet Soufflé

5 eggs	$\frac{1}{4}$ teaspoon salt
3 tablespoons powdered sugar	grated rind $\frac{1}{2}$ lemon
3 tablespoons lemon juice	

Beat yolks of eggs until light colored and thick. Add sugar gradually, then grated rind and lemon juice. Pour this mixture over whites of eggs, beaten with salt until dry, and cut and fold the two together. Pour into buttered baking dish or into individual cases and bake in quick oven until well puffed and of a delicate brown color. Serve at once with Sabayon sauce.

Grace Johnston (Omicron).

Orange Delicious

2 cups sugar	} boil 8 minutes and add orange juice
1 cup water	
2 cups orange juice	yolks of 2 eggs
1 cup cream	1 cup whipping cream

Scald thin cream and add eggs. Cook over hot water until mixture thickens. Cool and add to first mixture with cream beaten stiff. Freeze.

Grace L. Adams (Lambda Nu).

Orange Float

One pint of boiling water, one and one-half tablespoons of corn starch, dissolved in a little cold water, one cup of sugar, juice of one lemon, grated rind of half of it. When cold pour it over two oranges, sliced. Beat the whites of two eggs, with two tablespoons of sugar and spread over the top.

Carrie D. Reed (Kappa).

Orange Pudding

Peel four large oranges, cut and sprinkle with one cup of sugar. Let stand while making custard.

Custard:

1 quart milk	whites of 2 eggs
yolks of 5 eggs	little salt
1 tablespoon cornstarch	

Steam custard until it thickens, then turn over the orange. Beat the whites of three eggs with powdered sugar. Drop on custard and brown in oven.

Marguerite Klinker (Kappa).

Orange Pudding

1 cup bread crumbs	yolks 2 eggs
$\frac{1}{2}$ cup sugar	whites of 4 eggs
grated rind and juice of $\frac{1}{2}$ large orange	

Cover bread crumbs with milk. Beat yolks until light, add rind and juice of orange. Beat whites stiff and add sugar to whites. Add to batter. Bake in a pan set in water for thirty or forty minutes.

Lois Tennant Pennock (Lambda).

Golden Sauce for Orange Pudding

$\frac{1}{4}$ cup butter	} cream
$\frac{3}{4}$ cup sugar	

Add beaten yolks of two eggs and rind and juice of one-half large orange. Then add one-third cup hot milk. Beat well and let it come to a boil. Serve hot.

Lois Tennant Pennock (Lambda Nu).

Orange Puffs

4 tablespoons butter	yolks of 2 eggs
1 cup sugar	4 tablespoons milk
2 teaspoons baking powder	whites of 2 eggs
1 teaspoon grated orange rind	2 cups flour

Mix in order given and bake in small gem pans from twenty to twenty-five minutes. Serve hot with orange sauce.

Lena F. Harris (Kappa).

Orange Puffs

6 yolks of eggs	1 pint milk
5 tablespoons flour	$\frac{1}{2}$ teaspoon salt
1 tablespoon melted butter	

Beat yolks of eggs very light, add milk, pour part of this mixture on the flour. Beat smooth and add the remainder of the mixture, then butter and salt. Half fill buttered muffin pans. Bake twenty minutes in a quick oven. Serve hot with sauce made from

6 whites beaten stiff	1 cup powdered sugar
juice of 1 lemon or 2 oranges.	

Pour over the puffs. Marjorie Preston Stevens (Lambda).

Orange Short Cake

$\frac{1}{4}$ cup butter	1 cup flour
$\frac{1}{2}$ cup sugar	2 teaspoons baking powder
1 egg	pinch salt
$\frac{1}{4}$ cup milk	$\frac{1}{2}$ teaspoon vanilla

Cream butter, add sugar and egg well beaten. Mix and sift dry ingredients, adding alternately with milk to the first mixture. Beat thoroughly and bake. Cut up the oranges and cover with sugar cream sauce.

Alberta E. Foote (Zeta).

Cream Sauce for Orange Short Cake

1 cup whipping cream	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{3}$ cup powdered sugar	

Beat cream until stiff, add sugar and vanilla. Any kind of fruit or berries can be used in place of oranges.

Alberta E. Foote (Zeta).

Orange Short Cake

Mix dough as for biscuit and bake in round pan. Split cake while hot and butter well. Slice oranges crosswise, removing seeds and place between the layers. Cover top of cake thickly with sugar. Serve with whipped cream.

Edna M. McKinley (Rho Sigma).

Baked Peaches

Select large, fine peaches.

Bake with skins (these may be removed before serving if preferred).

Before eating, it is better to remove the stone and cover the halves with sugar. Serve with either plain or whipped cream.

Ina Firkins (Lambda).

Baked Peach Dumplings

1 pint flour	1 teaspoon salt
2 teaspoons baking powder	1 cup butter
milk to make very soft dough	

Cut into strips and wrap around each peach (removing stones), leaving top and bottom of fruit exposed. Stand in baking dish in

which they will be served. Have ready one cup of water and two of sugar just boiled. Pour over dumplings and bake one-half hour. Serve with cream. If canned peaches are used, drain them and add juice to the syrup before pouring it on dumplings. Reserve some syrup to be served with cream, the quantity being too much to use while baking. Handle as little as possible.

Martha William (Alpha Beta).

Peach Delight

Place one or two halves of large yellow canned peaches in sherbet glasses. Fill seed cavities with chopped candied cherries and nuts and fill glasses with whipped cream. Top with whole candied cherries.

Edith Shirley Wegeng (Iota).

Pear Toast

Slice stale sponge cake and toast both sides. Heap whipped cream on top and lay halved pears which have been cooked in syrup on top, placing an almond meat in the core cavity.

Margaret Van Bergen (Lambda).

Petchen

1 cup sugar

$\frac{1}{2}$ cup flour

2 eggs

Mix half the sugar in the yolks and beat five minutes. Add the other half to the beaten whites. Mix and add flour. Bake in gem pans. Serve with any fresh fruit, putting whipped cream or ice cream on top.

Lena Harris (Kappa).

Yankee Pie

1 heaping cup flour

$\frac{1}{4}$ cup milk

$\frac{1}{8}$ cup sugar

1 egg

$\frac{1}{6}$ cup butter

1 tablespoon lard

2 teaspoons baking powder

salt, few grains of nutmeg

Mix dry ingredients and sift twice. Work in shortening with tips of fingers. Add egg, well beaten, and milk. Fill a deep tin with sliced apples, add sugar, bits of butter and nutmeg. Cover with the shortcake and bake in a moderate oven. Turn out, so that apples are on top. While still warm cover with whipped cream and serve.

Alice Bean Fraser (Lambda).

Plum Pudding

1½ pounds seedless raisins	½ cup sugar
2 ounces finely chopped citron	1 cup molasses
½ cup chopped almonds	1 teaspoon salt
3 sour apples, chopped fine	1½ cup bread crumbs
1 teaspoon cinnamon	1 cup water
½ teaspoon allspice and cloves	
1 cup chopped suet, juice and grated rind of 1 lemon	

Steam four to six hours.

Sauce

1 egg, beaten well	1 cup sugar
½ cup butter	

Stir all to a cream. Add one tablespoon boiling water. Put in double boiler and boil until it thickens. Add vanilla.

Maude Stedman Curtis (Omega).

English Plum Pudding

2 pounds bread crumbs	¼ ounce ground ginger
2 pounds suet, chopped fine	1 pound granulated sugar
2 pounds currants	1 wine glass brandy
3 pounds raisins	almond essence to flavor
¾ pound mixed candied fruit peel	
6 eggs	

little over ¼ ounce mixed spice little salt

Mix with eggs, well beaten, the brandy and other ingredients. Butter a bowl well, add the pudding, then leave enough room at the top of bowl for a layer of pastry (mix flour, baking powder and water and roll out), then tie cloth over the top so as to keep the water out. This will make three large puddings or five medium ones. Put into boiling water and boil six or eight hours. This is the English plum pudding recipe.

Marguerite Thompson (Sigma).

Whipped Cream Punch

1 egg	½ pint whipping cream
6 tablespoons sugar	12 maraschino cherries

Beat the yolk of the egg with the sugar. Add the beaten white of the egg. Add the cream beaten as stiff as possible and flavor with

maraschino cherry juice. Thoroughly chill. Just before serving beat well and add twelve maraschino cherries, cut fine. This recipe fills six ice cups.

Alice Perry Gradle (Xi).

Raisin Puffs

2 tablespoons sugar	2 eggs
$\frac{1}{2}$ cup butter	2 cups flour
1 cup sweet milk	
2 teaspoons baking powder	
1 cup raisins, stoned and chopped	

Steam one-half hour in cups. This recipe makes twelve cups.

Sarah Plaisance (Phi).

Quick Puff Pudding

1 pint flour	pinch salt
2 teaspoons baking powder	
enough milk to make thick batter	

Put a spoonful of batter in well greased cups, then a spoonful of fruit, then another of batter, and steam.

Sauce

1 cup sugar	2 eggs, well beaten
$\frac{1}{2}$ cup butter	1 cup boiling milk
1 cup fruit or fruit juice	

Mary E. Bowman (Theta).

English Plum Pudding

1 pound suet, chopped fine	
1 pound flour	1 cup sugar
1 pound seeded raisins	3 eggs, well beaten
1 pound currants	salt

Add water enough to make stiff batter. Stir all together, put in a two quart bowl and tie a cloth loosely over the top. Put in kettle of boiling water and boil five hours. Keep covered with boiling water all the time.

Mrs. Charles Loring (Lambda).

Prune Whip

Cook prunes. Rub through sieve. To one pint of pulp add whites of four eggs, well beaten, sugar to taste, a pinch of baking powder and one-fourth cup of nuts. Mix lightly and put in pudding dish. Bake very slowly until it rises. Let cool.

Marguerite Klinker (Kappa).

A Prune Whip Which Will Not Fall

Squeeze cooked prunes through the potato ricer until there is a cupful. Add about a cup of sugar little by little to the whites of six eggs, each time beating the sugar in well before adding any more. The eggs should now be stiff. In the same way add the prunes little by little, beating them in well also. Put in a dish placed in a pan of cold water. Bake in a slow oven for about three-fourths of an hour. This serves eight people. Juanita Williams (Lambda).

Raspberry Loaf

Bake a sponge cake in a square tin. Cut off the top crust and remove center leaving the walls and bottom of the cake one inch thick.

Fill the center with a layer of fresh whole red raspberries, which have had sugar sprinkled over them. Then add a layer of whipped cream to which has been added one tablespoonful of Knox Gelatine soaked in a little cold water, and dissolved in a third of a cup of hot milk. (Use the Knox Gelatine in the proportion of one tablespoonful to one pint of whipping cream.) Now add another layer of raspberries, and so on until the center is filled. Put the top back on the cake and put in the ice box to chill.

When ready to serve cut in slices and more whipped cream may be added if so desired. The cream should be sweetened and flavored with vanilla.

Lillian Smith Burwell (Lambda Nu).

Baked Rice Pudding

1 quart milk

4 tablespoons rice

1 cup sugar

little salt

1 cup raisins

Bake for two hours. The pudding should be stirred frequently while baking.

Hazel Bisbee (Pi).

Rice and Dates

1 cup rice
2 quarts boiling water

1 tablespoon salt

Boil twenty or thirty minutes, drain in coarse strainer, pour one cup boiling water over it. Return to kettle and set in warm place to dry off. Season with salt and butter. Arrange on dish in circle and fill with dates as follows: wash one-half pound dates, remove stones, cut into small pieces and cook with one-half cup water and one tablespoon sugar until soft and tender.

Verna Cooper (Iota).

Rice and Peach Pudding

Boil one-half cup rice in water until tender. Cover with milk and cook till absorbed. Add one cup sugar, one tablespoon butter and two beaten eggs. Place a layer of this in a buttered baking dish, then a layer of cooked peaches. Bake about twenty minutes and serve with the following sauce: cream two tablespoons butter and four tablespoons brown sugar; add yolks of two eggs and one-half cup peach syrup and a little cinnamon; cook till thickened.

Katharine H. Johnson (Lambda).

Rice Custard Pudding

1 cup rice
 $\frac{3}{4}$ cup sugar
2 heaping tablespoons seedless raisins
1 teaspoon vanilla
peel from $\frac{1}{2}$ orange sliced fine
3 eggs

$\frac{1}{2}$ nutmeg
1 pint milk

Boil rice in liberal amount of water, until soft. Drain. Beat eggs, milk and sugar together until light.

Add rice, vanilla and orange peel. Sprinkle nutmeg on top after putting in a baking dish. Bake until well browned. Serve hot with cream or cream sauce.

Aileen Belyea Critchett (Lambda Nu).

Sally Lunn

- | | |
|-------------------------------------------|-----------------------|
| 2 tablespoons butter, melted | 1½ cups cream or milk |
| 3 eggs, beaten separately | 3 cups flour |
| ½ cup sugar | pinch of salt |
| 2 teaspoons baking powder in cup of flour | |

Bake in loaf. Serve with hot pudding sauce.

Mary Bogue (Gamma).

Cold Short Cake

- 2 cups berries, measure after mashing
 2 cups sugar, pulverized
 2 egg whites, well beaten

Beat sugar into berries, then beat in whites. Mix thoroughly.

Cut any light layer cake into small squares, taking two squares for each person. Cover one piece with ice cream, put second piece on top, cover it with ice cream, and put the above mixture over this.

Harriet Waters (Lambda Nu).

Short Cake

- | | |
|----------------------------|--------------------|
| 1 pint flour | ½ teaspoon salt |
| 2 tablespoons sugar | 1 teaspoon soda |
| 1 teaspoon cream of tartar | 1¼ cups sweet milk |
| 2 tablespoons butter | |

Mix dry ingredients, add butter as for pie and then add milk.

Half the recipe makes a small short cake, enough for two people.

Alice Meese (Eta Upsilon).

Short Cake

- | | |
|--------------------------------|----------------------|
| 2 cups flour | ½ teaspoon salt |
| 4 teaspoons baking powder | |
| ½ cup milk | 4 tablespoons butter |
| 1 egg, beaten until very light | |

Sift the flour, then measure and sift again with dry ingredients. Cut or rub the butter into the flour. Add milk and eggs mixed, to flour, mix lightly. Roll on floured board three-fourths of an inch thick. Bake in one cake or cut as large biscuits for individual short cakes. Split open, spread lightly with butter then thickly with

sweetened fruit. Cover with upper crust and serve with juice of fruit sweetened, and with cream.

Strawberries, canned peaches, raspberries, or blackberries may be used, or sliced oranges and bananas to which lemon juice and sugar have been added.

Marguerite Stewart (Kappa).

Snow Balls

$\frac{1}{4}$ cup butter	$\frac{3}{4}$ teaspoon salt
$\frac{3}{4}$ cup sugar	2 cups flour
1 cup milk	whites of 2 eggs
3 teaspoons baking powder	

Cream the sugar and butter, add the milk, salt, flour with baking powder, beat the whites of eggs stiff and add last. Steam in round bottomed glasses one-half hour. While hot roll in cocoanut or shredded blanched almonds. Serve with a fresh fruit sauce. This recipe serves eight.

Frances Hall Cook (Sigma).

Snow Pudding

1 pint boiling water	1 tablespoon sugar
4 tablespoons cornstarch	pinch of salt

Boil together three or four minutes. Remove and beat in whites of two eggs. Pour into mould and let cool.

Harriet Waterman (Chi).

Sponge Pudding

$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup butter
$\frac{1}{2}$ cup flour	yolks of 5 eggs
1 pint milk, scalded	

Mix sugar and flour and little cold milk, cook until it thickens in hot milk, stirring carefully. Add butter and well beaten yolks, stirring constantly. Remove from fire, cool slightly, fold in stiffly beaten whites. Bake in pan set in hot water thirty-five or forty minutes.

Sauce

- $\frac{1}{4}$ cup butter, creamed; add
 $\frac{1}{2}$ cup powdered sugar
 2 tablespoons sherry, add slowly
 2 tablespoons cream

Just before serving place over hot water and stir until smooth.

Margaret Monroe Williamson (Lambda).

Pineapple Sponge

- | | |
|-------------------------------------|-----------------------------|
| 2 cups of grated pineapple | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{3}$ cup of minute tapioca | 1 lemon, juice |
| $\frac{2}{3}$ cup of sugar | whites of 2 eggs |

Heat the pineapple in double boiler. Mix sugar, salt and tapioca, and add to hot pineapple. When transparent, add lemon juice and whites of eggs, beaten until stiff. Serve with cream and sugar.

Theodora Stark Carpenter (Lambda).

Strawberry Steamed Pudding

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|----------------------------------------|---------------------------|
| 1 heaping tablespoon butter | $\frac{3}{4}$ cup milk |
| 1 egg and yolk of another | 1 cup of sugar |
| 2 scant cups flour | 1 cup mashed strawberries |
| $1\frac{1}{2}$ teaspoons baking powder | |

Put in individual cups which have been greased, and steam twenty minutes. Serve with fresh strawberry sauce.

Florence Madsen (Gamma).

Steamed Pudding

- | | |
|----------------------------------------|-----------------------------|
| $\frac{1}{2}$ cup corn syrup | $1\frac{1}{4}$ cups flour |
| $\frac{1}{2}$ cup brown sugar | few drops mapleine |
| $\frac{1}{2}$ cup lukewarm water | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ teaspoon cinnamon | $\frac{1}{2}$ cup raisins |
| $\frac{1}{2}$ teaspoon cloves | $\frac{1}{2}$ cup nut meats |
| $\frac{1}{2}$ teaspoon cream of tartar | 2 eggs |
| $\frac{1}{2}$ teaspoon salt | |

Steam one hour. Serve with hard sauce.

Helen Malcomson (Xi).

Boiled Suet Pudding

$\frac{1}{2}$ cup suet, chopped fine

1 cup raisins

$\frac{1}{2}$ cup currants

2 cups flour

1 cup milk

1 cup molasses

1 teaspoon soda

Boil in pudding bag two hours. Serve with hard sauce.

Edna R. Brush (Chi).

Suet Pudding

1 cup selected suet, chopped fine

1 cup molasses

1 even teaspoon soda, dissolved in molasses

1 cup sweet milk

$\frac{1}{2}$ cup raisins

1 even teaspoon salt

$2\frac{1}{2}$ cups flour

1 even teaspoon cinnamon

$\frac{1}{2}$ teaspoon cloves, allspice and nutmeg, mixed

Steam three hours.

Mrs. Mary E. Spaulding Barker (Omega).

Cherry Tapioca

$1\frac{1}{2}$ pounds sour cherries

sugar to sweeten

1 level cup pearl tapioca

Soak tapioca over night in cold water. Put tapioca over fire with one pint boiling water and simmer slowly until tapioca is clear. Stone the cherries, stir into the boiling tapioca and sweeten. Serve cold with cream.

Edna M. McKinley (Rho Sigma).

Tapioca Custard

Three tablespoons tapioca soaked five hours. Pour off the water and put tapioca into one quart of milk; boil ten minutes, then add yolks of four eggs, well beaten with one-half cup of sugar. Boil five minutes, add three tablespoons dessicated cocoanut. Pour into dish and put over top the whites of eggs, beaten to a stiff froth with three tablespoons granulated sugar. Sprinkle cocoanut over the top and brown in oven.

Mrs. F. R. Wooster (Rho).

Tapioca Pudding

Soak four tablespoons of tapioca over night. Drain, add one quart of milk and boil twenty minutes in double boiler. Add four eggs (leaving the whites of three for the top), beaten with one-half cup sugar, pinch of salt and one teaspoon vanilla. Add to milk and cook until creamed, and remove from fire. Beat the three remaining whites, add three tablespoons sugar. Arrange half on the pudding and to the remainder add one heaping tablespoon cocoa. Drop on the top and place in a hot oven for a few minutes.

Grace Z. McMillan (Xi).

Lemon Tapioca

In a double boiler cook two and one-half cups water, one-half cup minute tapioca, one cup sugar, until clear. Remove from the stove and add the juice of two lemons. When quite cool, fold in the whites of two eggs. Serve very cold with custard sauce.

Harriet Bliss Stocking (Chi).

Tapioca and Pineapple

One cup pearl tapioca, soaked over night. Cook until clear. Add one can grated pineapple, three cups sugar, juice of two lemons, beaten whites of three eggs.

Elizabeth Small (Phi).

Schaum Torte

To whites of six eggs, beaten stiff, add one and one-half cups granulated sugar and one tablespoon vinegar. Add a little flavoring, if desired. Fold in sugar. Put into an angel food pan and bake one hour in a slow oven. Serve with whipped cream, with or without fresh fruit.

Miss M. P. Stachs (Zeta).

Vegetable Pudding

1 cup suet, chopped

1 cup sugar

1 cup grated apple

2 cups flour

1 cup grated potato

1 teaspoon soda

1 cup grated carrots

2 teaspoons salt

1 cup chopped raisins

1 cup currants

cinnamon and other spices to taste

$\frac{1}{4}$ pound citron

Steam three hours.

Florence Graham (Lambda Nu).

Wheat Fritters

1 egg	1½ teaspoon baking powder
¾ cup milk	pinch of salt

Add flour enough to make thick batter, and drop by tablespoon into deep fat.

Anne Puffer Taylor (Lambda Nu).

Fritter Sauce

2 tablespoons butter	1 cup sugar
1 tablespoon flour	

Beat the three ingredients together. Then add one-half cup boiling water and cook until clear. Flavor with juice of one-half lemon.

Anne Puffer Taylor (Lambda Nu).

Shredded Wheat Biscuit with Strawberries

Prepare berries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapple, bananas, and other fruit, fresh or preserved, can be served with shredded wheat biscuit in the same way.

In steaming puddings or breads let steam slowly at first.

Gelatine Desserts**Coffee Bavarian Cream**

Make a custard of one egg, one-half cup milk, one-half cup sugar. Add one-fourth cup strong coffee, one and one-half teaspoons gelatine dissolved in a little cold water. When mixture has become slightly stiff add one-half pint whipped cream.

Leulah J. Hawley (Lambda Nu).

Pineapple Bavarian

1 can sliced pineapple or	
½ can sliced pineapple and ½ grated pineapple	
⅓ package Knox's gelatine	⅓ cup cold water
juice of ½ lemon	2 cups double cream
⅔ scant cup sugar	2 dozen pistachio nuts
2 dozen candied or maraschino cherries	

Cut slices of pineapple in two, then split the halves and use to line bottom and sides of a mould, holding five cups. Soften gelatine with cold water and dissolve in one cup hot pineapple, either grated, or sliced made fine, and mixed with the syrup in the can; add sugar and lemon juice and stir over ice water until beginning to set; then add one-half the cherries and nuts chopped, and fold in one and one-half cups of cream beaten solid. Turn into lined mould. When cold and set, unmould and decorate with rest of cream, beaten solid, and sprinkle with rest of chopped cherries and nuts.

Grace Johnston (Omicron).

Pineapple Bavarian Cream

1 whole pineapple	1 cup sugar
$\frac{1}{2}$ box Knox's gelatine	
$\frac{1}{2}$ cup cold water	2 lemons
$\frac{1}{2}$ cup hot water	1 pint cream

Stew the pineapple with the sugar ten minutes, if canned fruit is used, longer if fresh fruit is used. Soak the gelatine in cold water and dissolve in the boiling water, add juice of two lemons, and strain into the fruit and beat until slightly cool. Add the whipped cream and pour in a plain mould or one lined with cake.

Helen Hine Aigler (Xi).

Strawberry Bavarian Cream

One pint strawberries (canned or fresh fruit) in which one-half package Knox's gelatine has been dissolved. When partly set, beat to a froth and add one cup cream whipped stiff. Pour in mold. Serve with whipped cream. If canned fruit is used add few drops lemon juice to fruit.

Nettie V. Drew (Alpha Delta).

Caramel Charlotte

2 tablespoons Knox's gelatine	
$\frac{1}{4}$ cup cold water	1 cup cream
1 cup sugar	1 teaspoon vanilla
1 cup boiling water	1 cup whipped cream

Soak the gelatine in cold water. [Scald cream. Make caramel of sugar by cooking in an iron frying-pan until light brown. Add

boiling water to it, slowly. Add hot cream. Pour tablespoon hot water over the gelatine and add the first mixture to it. Place in a bowl of ice and stir occasionally. When mixture becomes thick, and like syrup, add whipped cream and flavoring. Pour into a wet mould and cool.

Theodora Stark Carpenter (Lambda).

Charlotte Russe

1 tablespoon Knox's granulated gelatine	
$\frac{1}{2}$ cup cold water	1 teaspoon vanilla
1 pint cream	lady fingers
$\frac{1}{3}$ cup powdered sugar	

Soak gelatine in cold water. Whip cream and sprinkle sugar over it. Dissolve gelatine over hot water, strain into whipped cream, beating all the time and add flavoring. Stand bowl containing mixture in ice water and stir continually until it begins to thicken. Turn into a mould lined with lady fingers.

Elvira Smith (Epsilon).

Charlotte Russe

1 quart of cream, a little less than $\frac{1}{2}$ package of gelatine
Sweeten and flavor the cream, dissolve the gelatine in one-half tumbler of milk (set in a vessel of hot milk).

Whip the cream, add the gelatine and whip a little longer.

Mabel M. Reese (Psi).

Charlotte Russe

Make a custard of one cup milk, yolks of two eggs, one cup sugar, one teaspoon vanilla. Add when made, three good teaspoons of gelatine which have been soaked in a little cold water. Whip one quart of cream very stiff. When custard begins to harden, add it slowly to the cream and beat thoroughly. Pour into a dish which has been lined with sponge cake. Let harden. This will serve twelve persons.

Leulah J. Hawley (Lambda Nu).

French Chocolate Cream

1 pint heavy cream	1 cup powdered sugar
2 ounces bitter chocolate	1¼ teaspoons gelatine
½ teaspoon butter	½ teaspoon vanilla
½ cup water	

Combine chocolate, water, butter and melt over hot water. Add gelatine, which should be allowed to stand in water to cover, and stir in powdered sugar. Cool, stirring occasionally so that it will not set. Fold slowly into the cream which should be beaten stiff. Pour into a mold wet with cold water and chill. Will serve eight.

Alice B. Fraser (Lambda Nu).

Delight Pudding

Soak one tablespoon Knox's powdered gelatine in one-fourth cup cold water for five minutes, dissolve it in one-fourth cup boiling water and add one cup sugar. When cooled to thick syrup, add one pint heavy cream, beaten stiff, one-half dozen rolled macaroons, one dozen marshmallows, a few candied cherries, cut up, and one-fourth pound chopped blanched almonds. Flavor with vanilla or sherry. Set in mould, in cold place, to harden. Serve with whipped cream, or not as preferred.

Florence Schuyler Thorpe (Lambda).

Fruit Pudding

juice of 1 can of pineapple	
juice of 1 lemon	½ cup sugar
½ box of Knox's lemon gelatine dissolved in	
½ cup cold water	

Let come to a boil then pour over the beaten whites of four eggs. Cut the pineapple in small pieces and add one-half pound Malaga grapes, halved and seeded. Arrange the fruit in a mould, pour the liquid gelatine over it and let congeal. Serve with a soft custard. Drop flecks of whipped cream over the top.

Nelle McCoy Frank (Theta).

Macaroon Pudding

Dissolve one-half package Knox's gelatine in one pint of milk. Cook in double boiler until milk is warm, then add yolks of four eggs well beaten with cup of sugar. Cook until creamy. Beat the whites of the eggs and add to the custard when taken from the stove. Flavor with vanilla, pour into mould, which has been wet with cold water and lined with macaroons. Serve with whipped cream.

Mrs. F. R. Wooster (Rho).

Marshmallow Pudding

- $\frac{1}{3}$ cup sugar
- 3 eggs, yolks and whites beaten separately
- 1 pint scalded milk
- 1 tablespoon Knox's gelatine
- $\frac{1}{4}$ pound marshmallows, cut in small pieces
- $\frac{1}{2}$ cup nuts
- $\frac{1}{2}$ cup maraschino cherries

Beat eggs and sugar well, add the hot milk and cook until a coating will form on the spoon. Soak gelatine in one tablespoon of cold water. Add this to custard and stir until dissolved. Strain and beat until partially cool, then add the marshmallows, nuts and cherries. The custard should not be hot enough to entirely melt the marshmallows. Last of all, add stiffly beaten whites of eggs. Cool in mould. Serve with whipped cream and cherries.

Grace Ware Chambers (Lambda).

Marshmallow Pudding

Dissolve four teaspoons Knox's gelatine in one cup warm water over tea-kettle. Beat whites of five eggs very stiff, pinch of salt.

Add to them one and one-fourth cups granulated sugar and beat well. Then add dissolved gelatine and beat ten minutes. Flavor with vanilla. Put in cups or moulds.

Sauce

- yolks of 5 eggs
- 1 pint milk
- vanilla

Cook thick. Serves twelve.

Julia B. Gould (Lambda Nu).

Nesselrode Pudding

1 pint sweet milk	$\frac{2}{3}$ cup sugar
5 eggs	$\frac{2}{3}$ cup raisins
$\frac{1}{2}$ box Knox's gelatine	$\frac{1}{2}$ cups chopped nuts
$\frac{1}{2}$ pint cold water	2 teaspoons vanilla
$\frac{1}{4}$ pound chopped macaroons	

Boil milk in double boiler. Add to sugar, beaten yolks and gelatine dissolved in cold water. Add other ingredients. Fold in beaten whites. Cook just a minute, pour in mould and serve in slices with whipped cream or maple ice cream. Let stand six or seven hours. Serves eight generously.

Harriet Moore Pier (Lambda).

Creamed Pineapple Pudding

One-half box gelatine, soaked in one-half cup cold water. Add one-half cup boiling water to dissolve it. Cook together for ten minutes the following,

1 can shredded pineapple	$\frac{1}{2}$ cup cold water
1 cup sugar	

Add the dissolved gelatine. Before thoroughly cold, add one pint whipped cream. Mix lightly. Put in mould. Let harden, cut in slices to serve. Whipped cream may be used in serving. This serves twelve.

Blanche Garten (Kappa).

Rice Soufflé

1 pint whipped cream	1 tablespoon rice, boiled
1 tablespoon powdered sugar	1 teaspoon vanilla
1 tablespoon gelatine	

Dissolve gelatine in warm water. Mix it with one tablespoon of rice, one tablespoon of powdered sugar and one teaspoon vanilla. Add this mixture to the whipped cream. Put in a wet mould and let it stand on ice for three hours. Serve with melted maple sugar.

Leonora Mann (Lambda).

Snow Pudding

Pour one pint of boiling water on one-half box of Knox's gelatine. Add the juice of one lemon, and two cups of sugar. When nearly cold,

strain. Add the whites of three eggs, beaten to a froth; beat the whole together, add candied cherries and chopped marshmallows. Put in a dish and set on ice. Make a boiled custard with the yolks of three eggs, one pint of milk, one large tablespoon sugar, one teaspoon cornstarch and flavoring. Serve cold, pouring the custard around the snow.
Alice Kinnard Glenn (Theta).

Spanish Cream

Dissolve one tablespoon of Knox's gelatine in a pint of milk. Heat to the boiling point, stirring constantly. Add this to the yolks of two eggs, beaten with two tablespoons of sugar and a teaspoon of vanilla. Heat until it becomes like custard. Then pour onto whites of two eggs, beaten to a stiff froth. Pour into punch glasses and set aside to cool.
Letitia McHose (Alpha Beta).

Strawberry Sponge

1 quart strawberries	½ package Knox's gelatine
1½ cups water	1 cup sugar
juice of 1 lemon	whites of 4 eggs

Soak gelatine two hours in half cup water. Mash strawberries, and add one-half the sugar to them. Boil remainder of sugar and cup of water, gently, twenty minutes. Rub strawberries through a sieve. Add gelatine to boiling syrup and take from fire immediately; then add strawberries. Place in pan of ice water and beat five minutes. Add whites of eggs and beat until mixture begins to thicken. Pour into moulds and set away to harden. Serve with sugar and cream. Raspberry and blackberry sponges are made in the same way.
Grace Johnston (Omicron).

Tutti Frutti Pudding

½ box of Knox's gelatine	1 teaspoon vanilla
⅔ cup sugar	½ cup cold water
1 teaspoon brandy	⅔ cup raisins
5 eggs, yolks and whites beaten separately	
3 tablespoons blanched almonds	
2½ cups milk	¼ pound macaroons

Soak gelatine in water five minutes and dissolve in cooked

custard, made of milk, sugar and yolks of eggs. Add chopped raisins, macaroons, almonds (pounded fine), vanilla, brandy, and lastly, whites of eggs, beaten stiff. Stir over ice water until it begins to thicken. Turn into a mould and place in a cool place. Cut in squares and serve with whipped cream.

Isabel Hoover (Iota).

Pudding Sauces

Brandy Sauce

1 cup granulated sugar	butter size of egg
1 teaspoon cornstarch	1 egg

Stir well together, then add one cup boiling water, stir thoroughly until boiled to a smooth cream. Then add three tablespoons of good brandy. One teaspoon vanilla may be used in place of the brandy.

Bess Wilde (Pi).

Butter Scotch Sauce

1 cup sugar	2 tablespoons boiling water
$\frac{1}{4}$ cup molasses	$\frac{1}{2}$ cup butter
1 tablespoon vinegar	

Boil to a syrup. Serve warm or cold, especially good on vanilla ice-cream.

Helen Stevens West (Sigma).

Chocolate Sauce

1 cup sugar	2 ounces chocolate
$\frac{1}{2}$ cup water	$\frac{1}{4}$ teaspoon salt
2 tablespoons butter	1 teaspoon vanilla

Cook all ingredients except vanilla, twelve minutes, then add vanilla. Serve cold.

Katherine Clendenning (Chi).

Chocolate Sauce for Ice Cream

1 pint sugar	1 pint milk
$\frac{1}{2}$ cake Baker's chocolate	
1 tablespoon butter	1 egg, beaten frothy

Put in double boiler and let thicken.

Helen Hine Aigler (Xi).

Kentucky Chocolate Sauce

Grate one cup chocolate, cook with a little hot water and dissolve it. Mash to a smooth paste, add three tablespoons of cream, one walnut of butter, three-fourths cup sugar.

Cook in double boiler at least one hour. Flavor with vanilla.

Helen Stevens West (Sigma).

Creamy Sauce

$\frac{1}{2}$ cup butter

1 even cup powdered sugar

$\frac{1}{4}$ cup cream or milk

4 tablespoons wine or

1 teaspoon vanilla, or lemon extract

If lemon or vanilla is used, add four tablespoons of cream. Beat the butter to a cream. Add the sugar, gradually, beating all the while. When light and creamy, gradually add the wine and then the cream, a little at a time. When all is beaten smooth, place the bowl in a basin of hot water and stir until the sauce is smooth and creamy, no longer. It will take only a few minutes. This is a delicious sauce and if well beaten and not kept in hot water long enough to melt the sugar, it will be white and foamy all through.

Evalyn Raynolds (Gamma).

Custard Sauce

$\frac{1}{2}$ cup milk

1 cup sugar

pinch of salt

Serve with pudding cold.

yolks of 2 eggs

1 teaspoon vanilla

1 teaspoon cornstarch

Harriet Waterman (Chi).

Fig Sauce for Pudding

Cream together one small cup powdered sugar and one tablespoon butter. Let brown on stove, then add a little cream, stirring well. Add one-half dozen figs, chopped fine. Beat stiff the whites of two eggs and add to the mixture, after it has cooled.

Marie Barnes Morrow (Lambda).

Foam Sauce

Beat the whites of two eggs very light, add one cup of sugar as for icing and flavor with lemon or sherry.

Harriet D. Moore (Lambda).

Fresh Fruit Sauce

Cream one-third cup butter, one cup powdered sugar, flavor with vanilla. Beat into mixture one cupful of berries or peaches.

G. M. Seeley (Theta).

Fresh Fruit Sauce for Shortcake

1 cup berries, cut in pieces, then measured

1 cup sugar

1 egg white, unbeaten

Put all together, beat with egg beater until thick like whipped cream. Put between layers and on top of layer cake. Cover with whole berries. Harriet Waters (Lambda).

Harriet Waters (Lambda).

Hard Sauce

Cream one-half cup butter with two cups of confectioner's XXXX sugar. Add one tablespoon boiling water, the whites of two stiffly beaten eggs and one teaspoon vanilla.

Grace G. Olin (Eta Upsilon).

Hard Sauce

1/2 cup butter

1 egg

1 cup powdered sugar

Cream butter and sugar. Beat egg with egg beater, then with a fork, mix it slowly with butter and sugar. Flavor with vanilla.

Grace Nelson (Lambda Nu).

Lemon Sauce

1 large cup sugar

small 1/2 cup butter

juice and grated rind of 1 lemon 1 egg

1 egg

1 teaspoon nutmeg

3 teaspoons hot water

Cream butter and sugar, beat in egg whipped light, lemon and nutmeg. Beat hard, add water, spoonful at a time. Steam but do not boil, until sauce thickens. Esther Swisher (Tau Zeta).

Esther Swisher (Tau Zeta).

Liquid Sauce for Puddings

2 tablespoons melted butter

4 tablespoons sugar

1 egg, beaten

Stir in whipped cream and flavor.

Mrs. Charles Loring (Lambda).

Orange Sauce

2 tablespoons flour

2 cups orange juice

2 cups boiling water

2 teaspoons orange rind

6 tablespoons sugar

2 teaspoons lemon juice

Mix flour and sugar, gradually adding the boiling water and cook for ten minutes. Add other ingredients, heat and serve.

Lena F. Harris (Kappa).

Pudding Sauce

1 cup powdered sugar

2 eggs

butter size of an egg

flavor with vanilla

Cream butter and sugar, add well beaten yolks, flavoring, and fold in whites of eggs.

Pudding Saucecream $\frac{2}{3}$ cup butter

2 eggs

1 $\frac{1}{2}$ cups sugar

Set on back of stove.

Grace C. Nelson (Lambda Nu).

Sauce for Pudding $\frac{1}{3}$ cup butter

1 cup powdered sugar

Cream the above. Add three-fourths cup crushed strawberries.

Mrs. F. R. Perry (Xi Zeta).

Raspberry Sauce

1 cup raspberry jelly

juice of $\frac{1}{2}$ lemon $\frac{1}{3}$ teaspoon cornstarch, rubbed smooth in water

Heat until it comes to a boil. Serve with cottage pudding, rice, cornstarch or shepherd pudding.

Lucy Johnson Osmer (Phi Omega).

Sabayon Sauce

In upper part of double boiler put one egg and two egg yolks; beat until well mixed; then add one-half cup sugar and beat thoroughly. Set over very hot water, and beat while one-half cup sherry wine is gradually stirred in. When sauce has thickened slightly add one teaspoon lemon juice and turn into cold dish to arrest cooking. Serve at once.

Care must be taken to avoid curdling the egg. Occasionally lift the saucepan from the water which should not reach the boiling point.
Grace Johnston (Omicron).

Sauce for Any Steamed Pudding

Cream two tablespoons butter and one-half cup sugar. Add well beaten egg. Just before serving fold in one cup heavy cream, whipped.

Margaret Benton Eichhorn (Lambda Nu).

Soft Sauce

2 cups water	$\frac{1}{4}$ cup butter
1 cup sugar	pinch of salt
1 tablespoon cornstarch	

Flavor to suit taste. Cook until creamy.

Elizabeth McDowell (Omicron).

Sterling Sauce

Cream one-half cup of butter, add slowly one-half cup of granulated sugar, and one-half cup of maple sugar. Drop in very slowly four teaspoons of cream and one teaspoon of vanilla.

Miriam Scofield (Mu).

Strawberry Sauce

$\frac{1}{3}$ cup butter	white of 1 egg, beaten stiff
1 cup powdered sugar	$\frac{2}{3}$ cup strawberries

Cream butter and sugar, add beaten white of egg and last, the berries. Red raspberries may be used.

Frances Hall Cook (Sigma).

Whipped Cream Sauce

Two tablespoons butter creamed well with two tablespoons sugar. Add one egg well beaten. Measure one cup whipping cream and whip. Fold into first mixture. Flavor with vanilla.

Margaret Benton Eichhorn (Lambda Nu).

ICES AND ICE CREAMS

Foundation for Any Fruit Ice

(Serves Twelve)

Boil until a thin syrup, two cups sugar and two cups water. Add to juice of two lemons, strained, other fruit juice and two cups cold water.

Pack and freeze. If necessary to keep it for several hours, dissolve one envelope Knox's gelatine and add to mixture while hot. Use above proportions to the following fruit quantities:

Cranberry Ice

Five teacups cranberries, one and one-half cups water, boiled ten minutes or more. Strain.

Katherine Cole (Phi).

Grape Ice

Five and one-half teacups Concord grapes, mashed and boiled for five minutes with one cup water. Strain before adding to syrup.

Orange Ice

Juice six oranges, strained. If desired grate in some of the rind.

Peach Ice

Juice and pulp (mashed) of six peaches.

Strawberry Ice

Six teacups strawberries, mashed to pulp.

Biscuit Tortoni

1 pint whipped cream	$\frac{1}{2}$ cup rolled macaroons
1 cup powdered sugar	1 tablespoon chopped almonds
1 cup water	$\frac{1}{2}$ cup sherry
4 eggs, yolks	$\frac{1}{2}$ teaspoon almond extract

Make syrup, beat eggs well and add to syrup when cold. Cook in double boiler, beat in cold water, add whipped cream. Pack and freeze.

Mrs. H. S. Robertson (Phi Omega).

Caramel Ice Cream

1 pint milk	3 beaten eggs
1 cup sugar	1 teaspoon salt
1 level tablespoon flour	

Add to hot milk and cook. Put one cup sugar in frying pan and heat until it becomes liquid. Add one-half cup water and let it become liquid again. Strain into custard and add one quart cream and vanilla to taste. Freeze.

Mabel A. Brown (Rho Sigma).

Caramel Ice Cream

1 cup sugar	$\frac{1}{2}$ cup flour
1 quart milk	2 eggs

Beat sugar, flour and eggs together and let the quart of milk come to a boil, and then add the sugar, flour and eggs. Put one cup sugar in frying pan and stir until it turns liquid and begins to smoke. Add to the custard, cool, strain and add one quart sweet cream.

This makes a delicious dessert if marshmallows which have been cut into bits are added when the cream is half frozen.

Ellen Glasscoff (Zeta).

Chocolate Ice Cream

Mix one cup sugar and two tablespoons flour, add two beaten eggs. Add one pint scalded milk and two squares melted chocolate. Cook in double boiler until thick and smooth. When cool add one pint cream and freeze.

Florence Thorpe (Lambda).

Chocolate Ice Cream

1 tablespoon flour	
$1\frac{1}{4}$ cups sugar	pinch of salt

Add gradually two cups scalded milk. Melt three squares of chocolate over hot water, add slowly to boiling custard. Then add one can condensed cream and one can of milk (equals one quart cream) and freeze.

Hattie Mae Brown (Phi).

Coffee Frappé

- 2 cups cream, for whipping
- 1 cup strong coffee (ice cold)
- 1 cup powdered sugar, powdered fine

Whip cream well. Add coffee, which must be ice cold, drop by drop. Then mix in sugar a few grains at a time, using the whipping motion throughout the making of the frappé.

Remove from bowl, place in mould and pack in freezing mixture of ice and rock salt in the proportion two to one.

Grace Johnston (Omicron).

Cranberry Ice

- 1 quart cranberries
- 1 pint hot water

Cook five minutes. Strain and add two cups sugar and juice of two lemons. Freeze.

Marion Gaylord Kellogg
(Lambda and Omega Sigma).

Lemon Ice

- 1 quart rich milk
- $\frac{1}{2}$ cup lemon juice
- 2 cups sugar

Dissolve sugar in the lemon juice. Put the milk in the freezer in order to chill, then stir in the juice. Freeze. If so desired add one cup of pineapple juice to vary the recipe, also an extra cup of sugar.

Lillian Smith Burwell (Lambda).

Maple Ice Cream

- 3 eggs
- 1 cup maple syrup
- 1 pint cream, whipped
- 1 cup chopped walnuts, or pecans

Separate the eggs, beat the yolks, pour the boiling hot maple syrup upon them, beat until light. When cold add the beaten whites of the eggs, the cream and the walnuts. Freeze. Enough for six people.

Susanna H. Parry (Alpha Beta).

Maple Mousse

whip $\frac{1}{2}$ pint cream
add pinch salt

add $\frac{1}{2}$ cup maple syrup

Put in mould and freeze. In summer this can be packed in ice and salt. This can also be frozen like ice cream in a freezer. Any amount may be used, always using one-half as much maple syrup as cream.

Grace Conners Nelson (Lambda Nu).

Peanut Mousse

1 pint whipping cream
 $\frac{1}{2}$ pound peanut brittle candy

Whip cream until stiff and add the peanut brittle which has been ground through meat grinder. Put in mould and let stand packed in ice and salt for several hours.

Adah Ragsdale Parsons (Tau).

Maple Mousse

yolks of 2 eggs, beaten light
1 cup maple syrup

Put over the fire and heat until it thickens on the spoon. Take from the fire, place in a pan of cold water, and stir until creamy. When cold, add one pint of whipped cream. Freeze four or five hours by packing in ice and plenty of rock salt. Snow may be used in winter.

Hortense K. Mac Donald (Sigma).

Maryland Ice

2 quarts ripe strawberries	1 pint cream
2 pounds sugar	1 teaspoon flavoring
$\frac{1}{2}$ cup powdered sugar	$\frac{1}{2}$ cup chopped nuts

Mash berries with granulated sugar and let stand for one hour, then strain through a cloth, pressing out all juice. Add an equal measure of water. Pack in freezer and begin to freeze. Remove dasher and pack ice quite solid. Let stand twenty minutes. Open and scoop out center to bottom, leaving an even portion all around sides.

Mix in large bowl the cream, powdered sugar and flavoring. When ice cold beat until stiff and dry. Skim off into another cold bowl and stir in nuts, pecans or walnuts, pour this into cavity in the freezer. Set freezer away and leave until frozen hard. When ready to serve remove tin and wrap for just a moment a warm cloth about it and pour contents out on platter.

Margaret Van Bergen (Lambda).

Peach Mousse

3 peaches, mashed

juice 1 lemon

1 cup sugar

1 white of egg, beaten stiff

Beat whole mixture until the consistency of stiff whipped cream and pack in salt and ice for four hours or more to freeze. This serves six portions generously.

Peach Charlotte Russe

Instead of freezing above mixture, pour it over sponge cake or lady fingers and chill. It serves at least eight portions.

Katherine Cole (Phi).

Peppermint Ice Cream

One pound of old-fashioned peppermint stick candy. Soak this in one quart of milk over night. Freeze until mushy, then beat in one quart of stiffly whipped cream. Turn until well mixed, then remove dasher and let set. Edith Porter Meserve (Gamma).

Pineapple Mousse

1 tablespoon Knox's granulated gelatine in

$\frac{1}{4}$ cup cold water

1 cup pineapple syrup

2 tablespoons lemon juice

1 cup sugar

2 cups heavy cream

To pineapple juice, add sugar and bring to boiling point, add the soaked gelatine and lemon juice. When cool and beginning to thicken, mix with the cream which has been whipped until stiff. Pack in a freezing mixture three to four hours. Other fruits may be used if desired.

Frances Frost (Epsilon).

Frances Frost (Epsilon).

Strawberry Ice Cream

1 quart berries

1 cup sugar

$\frac{1}{2}$ cup water

$\frac{1}{2}$ pint cream

Press berries through a fine sieve, using the water to aid to the process. Add the sugar and the cream. The cream before freezing should be sweeter than desired, as a considerable amount of sweetness is lost in freezing.

Note: One and one-half pints of raspberries or one pint of peach juice may be substituted for the strawberries, adding in that case the juice of a lemon and more sugar.

Evelyn N. Wallridge (Omega).

Strawberry Ice Cream

1 quart strawberries

1 cup sugar

lemon juice

1 cup water

Sprinkle berries with sugar, cover and let stand two hours, mash well, add water and lemon juice to taste. Freeze. This method retains the material color of the berries.

Celia Frost (Lambda Nu).

Frozen Strawberries

Mash one quart of berries, add one cup sugar and juice of two lemons. Stand aside. Boil a pint of water and one cup sugar, when cool add the syrup to the berries and freeze. Serve with whipped cream. Raspberries may be used instead of strawberries.

Clara King Allen (Lambda).

Strawberry Sherbet

Mash two boxes strawberries. Strain and add two pounds granulated sugar and juice of one lemon. Let stand one hour, stirring occasionally to dissolve sugar. Measure juice and add as much water as you have juice. Pour into freezer and as it begins to freeze add the beaten whites of two eggs. When frozen it will nearly fill a gallon freezer.

Lillian Smith Burwell (Lambda).

Chocolate Ice Cream Sauce

Two squares chocolate melted in one cup boiling water. Mix one cup sugar and rounding teaspoon cornstarch together and stir into water and chocolate. Boil until thick.

Alcetta Gilbert Clarke (Lambda).

BEVERAGES

Blackberry Acid

On twelve pounds of ripe fruit (strawberries or grapes will be equally as good as blackberries) pour one-half gallon boiling water. Put away in an earthen jar and let stand forty-eight hours, then put up to drip without squeezing. To every pint of juice, add one and one-half pounds of white sugar and five ounces of tartaric acid. Mix well and put away for use. Do not cork too tightly at first. Can be used immediately after making. Serve in a glass of crushed ice, using two or three tablespoons of the acid, then filling the glass with water.

Mrs. Mary Comfort Leonard
(One of Delta Gamma's Founders).

Blackberry Wine

Cover one gallon of blackberries with water. Crush, let stand three days, strain. Bottle, but do not cork. Sweeten slightly, remove scum until no more rises, then cork.

Alice Scott Ellis (Lambda, Xi, Upsilon).

Pineapple Cider

To each ground pineapple, add two quarts water. Allow to stand until it ferments, about three days in warm weather. Strain off water and to each quart of the liquid add about one-third pound sugar. Bottle and fasten corks well. Lay bottles on side. The cider will be ready to use in three or four days.

Josephine Warren Rescott (Rho Sigma).

Cocoa

Mix one tablespoon cocoa and three tablespoons boiling water. Put into stewpan and bring to a boil, add three cups milk. Beat with dover beater, add one-half teaspoon vanilla and serve.

Margaret Van Bergen (Lambda).

Frappé

6 dozen lemons
 3 dozen oranges
 6 cans grated pineapple
 2 boxes strawberries or large bottle maraschino cherries
 17½ pounds sugar

To the juice of oranges and lemons add the other ingredients. Dilute with water just before using. This recipe serves 300.

Unsigned.

Grape Juice

Cook twenty pounds Concord grapes in four quarts water until free from seeds; strain, add three pounds of sugar, boil twenty minutes, bottle and seal.

Mrs. Charles Loring (Lambda).

Mulled Grape Juice

1 quart bottled grape juice	2 lemons
1 pint water	2 sticks of cinnamon
1 cup sugar	1 dozen cloves

Heat slowly. Let cool ten minutes. Add lemon. Put in one lemon rind. Serve hot.

(Iota Zeta).

Grape Wine

Boil together until easily strained through colander or bag, one basket Concord grapes (six or seven pounds), and three quarts water. Add one pound loaf sugar and boil one hour. Bottle and seal. This is rich enough to be diluted. Used as communion wine.

Mary Bogue (Gamma).

Syrup for Lemonade

Dissolve two pounds loaf sugar in three pints cold water and boil twenty minutes. Dissolve one ounce citric acid in three teaspoons essence of lemon and a little of the cold syrup. Mix all together and bottle. This will keep indefinitely without being sealed. Use about an inch depth in water glass and fill with ice water.

Josephine Warren Rescott (Rho Sigma).

Fruit Punch

6 lemons

1 cup blackberry juice or 1 box fruit crushed and strained with a little water

2 cups sugar, dissolved in 1 cup water

juice 2 grape fruit, or 3 oranges or $\frac{1}{2}$ pint pineapple juice

Add water to make two quarts, if used at the table with equal quantity of Shasta Water. If used plain, add enough to make four quarts in all.

Edith Claypool (Chi).

Fruit Punch

6 bananas

6 quarts ice water

6 oranges

1 pint strawberry juice

4 lemons

1 cup freshly made tea

4 cups sugar

1 bottle apollinaris

4 cups water

Boil water and sugar fifteen minutes. When cool add juice of fruits, four bananas, mashed, and tea. Let stand on ice until time to serve. Then add ice water, apollinaris and two bananas cut in slices.

Harriet Van Bergen Deering (Lambda).

Pineapple Punch

Cook twenty minutes

1 quart cold water

2 cups sugar

2 cups chopped pineapple

Add one cup orange juice or tea, one cup lemon juice. Strain, chill and dilute to taste.

Frances Bragdon (Sigma).

Tea Punch

3 cups English Breakfast tea

juice 6 lemons

mint leaves

sugar and water to taste

Grace Clow (Iota).

CANDIES AND NUTS

Candied Mint Leaves

Draw separate mint leaves through white of egg (or better still brush each leaf with the egg using a paint brush), then cover with granulated sugar. Spread on oiled paper until dry, then keep in tin box.

Leonora Mann (Lambda).

Caramels

2 cups sugar (1 pound)

$\frac{3}{4}$ cup glucose or Karo corn syrup (1 pound)

$\frac{1}{2}$ cup butter ($\frac{1}{4}$ pound)

2 cups cream (1 pint)

Put sugar, glucose, butter, one-half of cream, over fire and stir until the mass boils thoroughly. Then gradually add the rest of the cream so as not to stop the boiling. Stir very often. Cook to 250° F., or until a firm ball between the fingers when tried in cold water. Then add one teaspoon vanilla and nuts, if they are to be used. Makes two pounds.

Ethel Roach (Eta Upsilon).

Candied Orange Peel

Peel of one orange (do not remove any white), one cup sugar. Cut peel in strips and cover with cold water. Bring to boil and cook for five minutes. Drain. Cover with cold water and boil five minutes. Drain. Again cover with cold water. Boil five minutes and drain lightly. Add cup of sugar and cook slowly until syrup forms soft ball in cold water. Take from fire and stir until granulated. Pack in candy jar or between oiled paper in a box. This is a favorite dainty at tea time.

May Elliott Bostwick (Beta Sigma).

Chocolate Candy

1 cup sugar

$\frac{1}{2}$ cup molasses

$\frac{1}{2}$ cup butter

$\frac{1}{2}$ cup milk

$\frac{1}{4}$ cake chocolate

Boil until brittle when dropped into cold water. Pour into pans to cool. Mark in squares.

Anne Wright (Kappa).

Chocolate Drops

In coating fondant with chocolate, add to cup of chocolate, a little cocoa butter and have cup set in hot, but not boiling water. Drop on greased paper. Mary Louise Longbrake (Lambda).

Crystallized Grape Bunches

Crystallized Malaga grapes make a very pretty addition to an afternoon tea table and may be used also as a centerpiece on the dining room table. To make this pretty confection, prepare a sugar syrup just as for boiled cake frosting. When the syrup "hairs" in long cobwebby threads, dip whole bunches of Malaga grapes (from which all imperfect grapes have been picked) into the syrup, let drip a moment and then roll in sifted granulated sugar. To keep the syrup from becoming too thick and forming heavy globules on the grapes, place pan of syrup in a pan of boiling water and work fast. Grape leaves added to the bowl or basket containing the grapes add to the effect. The grapes are prettiest in some of the tall crystal compotiers.

Other grapes such as the Tokay and Muscatel may be crystallized in this way. Ruth Scott Dancer (Xi).

Cocoanut Cream Candy

Mix the white of one egg and half the quantity of water in a bowl. Add scant teaspoon vanilla. Add one pound of confectioner's sugar and one and one-half cups of cocoanut. Mix well. Add more sugar until mixture is stiff enough to spread in a pan. Allow it to stand for an hour, then cut into squares.

Marguerite Halsted (Omicron).

Divinity Loaf

6 cups granulated sugar	2 cups corn syrup
3 cups cream	1 tablespoon glucose
2 pounds chopped pecans	

Mix sugar, cream and corn syrup, and boil until it makes a soft ball in water. Beat until it begins to cream and add nuts, then pour into buttered tins. When cold it should slice like bread. Glucose is not absolutely necessary.

Eva Webb Dodd

(One of Delta Gamma's Founders).

Fondant

Dissolve one cup sugar in one-half cup water, boil, then add two drops acetic acid, five drops glycerine, cover tightly and cook ten minutes. Then uncover and boil to the temperature of 113° C. Pour onto a wet platter and cool. Add flavoring. Beat into this the well beaten white of an egg and continue beating until stiff. Shape into moulds. This grows softer with standing.

Chocolate creams may be made by moulding fondant into desired shape and when firm coating with the chocolate which has been melted over hot water. Cool on oiled paper.

Cream mints may be made by melting fondant over hot water and flavoring with essence of peppermint. Drop the mixture from a spoon on the oiled paper. Elvira Smith (Epsilon).

Fondant

4 cups granulated sugar
1 heaping tablespoon glucose
water to cover

Boil without stirring until it forms a soft ball in water. Turn into a bowl and cool. Then stir until it becomes white and stiff. Stir in flavoring and mould with palms into balls. Drop on greased paper. If the fondant is too hard to mould work in a few drops of water. This is the base of all cream candies.

Mary Louise Longbrake (Lambda).

Fruit Balls

1 box Dromedary dates 10 cents mixed nut meats
1 pound figs 1 cup raisins

Put through the grinder and then form in small balls and roll in granulated sugar. Eva Moore (Zeta).

French Dainties

2 envelopes Knox acidulated gelatine
4 cups granulated sugar 1½ cups boiling water
1 cup cold water

Soak the gelatine in the cold water five minutes. Add the boiling water. When dissolved add the sugar and boil twenty-five minutes.

Divide into two equal parts. When somewhat cooled add to one part one-half teaspoon of the pure fruit acid dissolved in one tablespoon water and one tablespoon lemon extract. To the other part add one tablespoon brandy, one-half tablespoon extract of cloves and color with the pink color. Pour into shallow tins that have been dipped in cold water. Let stand until quite firm. Cut into squares with a knife dipped in hot water. Roll in coarse granulated sugar and let stand several days to crystallize. Vary by using different flavorings and colorings.

Charles B. Knox Co.

Coated Fruit

Melt fondant as for peppermint wafers, omitting flavoring. Drop well chilled grapes, strawberries or cherries in fondant and drop on waxed paper. These will not keep long.

Mary Louise Longbrake (Lambda).

Cinnamon Fudge

2 cups sugar

2 squares chocolate

1 cup milk

1 tablespoon butter

Stir well before putting on the stove. Boil until it thickens when dropped into cold water. Add teaspoon of cinnamon and set to cool. Beat until creamy, pour into pan and cut into squares.

Trix Howard (Nu).

Fudge

Let three cups white sugar and one cup milk come to a boil and then add three squares of Baker's chocolate. Let this boil until it forms a soft ball in cold water. Pour onto a platter and let stand until cool. Stir and when it is stiff enough to handle, knead it like bread and mould into a loaf. Flavor with vanilla. Add nuts, if you wish them, when you begin to stir.

Grace E. Connors (Lambda).

Italian Creams

Caramelize one cup sugar, boil together three cups sugar and one cup milk, and two tablespoons butter. Add caramel syrup as soon as latter boils. Cook to soft ball. Let cool, beat and flavor. Pour into buttered platter, and cut in squares.

Cora Mae Jones (Nu).

Malmaison Candy

1 pint confectioner's sugar

$\frac{1}{4}$ pint water

$\frac{1}{2}$ teaspoon cream of tartar

Put water and sugar over a slow fire, shaking pan gently until sugar is dissolved. Do not stir it. Then place pan over a quick fire and boil mixture briskly until it floats a thread when dropped in cold water. Remove and cool slightly. Add the cream of tartar, beating the mixture until it is white and granular. Flavor to taste. Roll into little balls with the hands. Coat some with chocolate or cocoanut, and cap with nuts. The pink and white balls are pretty with caps of chocolate. Three layered ribbons of pink, white and chocolate may be cut into squares when cold.

Lucile Shepard (Mu).

Maple Creams

2 cups maple sugar or syrup

1 cup cream or milk

1 tablespoon butter

Boil until syrup forms a soft ball when dropped into cold water. Remove from stove, flavor with vanilla and a pinch of salt. Set in a pan of cold water until cool and then beat until stiff. Pour onto ungreased plates. Nuts may be added. The consistency of this candy is improved by kneading after it is too stiff to beat.

Ruth Rosholt (Lambda Nu).

Maple Syrup Served on Ice

Boil one quart Vermont maple syrup, without stirring, until it spins a thin thread from a spoon. Add one-fourth pound butter before removing from stove. Pour the syrup over crushed ice in individual saucers. It should freeze immediately and become brittle like taffy. To make maple sugar, stir a quantity in a dish for a few moments until it turns to sugar.

Psi.

Marshmallows

- 1 envelope Knox Sparkling Gelatine
- 2 cups granulated sugar
- few grains salt and flavoring to taste

Soak the gelatine in ten tablespoons cold water. Heat the sugar with ten tablespoons water until dissolved. Add gelatine to syrup and let stand until partially cooled. Add salt and flavoring, beat with a whip until too stiff, then with a large spoon stir until only soft enough to settle into a sheet. Dust granite pans thickly with confectioner's sugar; pour in the candy about half an inch deep and set in cool place until thoroughly chilled. Turn out, cut in cubes and roll in confectioner's sugar. This recipe will make over one hundred marshmallows. Nuts, chocolate, fruit juices in place of part of the water, or candied fruits chopped, may be added or the plain ones rolled in grated cocoanut before being sugared. Datès stuffed with this confection are delicious.

Charles B. Knox Co.

Orange Drops

Into the juice of an orange grate some of the rind and add a teaspoon of white of egg. Take piece of citric acid about the size of a pea and dissolve in two tablespoons of hot water. When cool add tablespoon of this solution to the orange juice. Rest of solution may be used for lemon drops, made in similar way. Stir, then gradually add confectioner's XXXX sugar until stiff enough to make a soft ball. Make this mixture into small balls the size of a hazel nut and let stand on wax paper for twenty-four hours.

Marguerite Halsted (Omicron).

Opera Squares

- 1 cup granulated sugar
- $\frac{1}{4}$ cup milk or cream
- butter size of an egg

Put in pan together and boil rapidly, stirring gently all the time, until it forms a soft ball when dropped in cold water. Flavor just before removing from fire. Let it cool, then beat it until creamy. Pour out and mark in squares.

Nina Goodnow Belcher (Xi).

Peanut Brittle

Boil one cup sugar and one-half cup water to 170° C. Add three tablespoons chopped peanuts and pour at once into buttered dish.

Elvira Smith (Epsilon).

Peanut Brittle

Heat one cup sugar until it melts and the liquid becomes clear. Remove immediately, add one cup shelled peanuts, chopped if desired, mixing them in thoroughly. Quickly spread upon a smooth tin or iron sheet and press into shape with a knife. Cut into squares.

Agnes Greene (Xi).

Pinoche Loaf

2 cups brown sugar

1 cup milk

1 cup white sugar

butter size of walnut

Boil until a soft ball in cold water.

Pour onto a buttered platter and let stand until lukewarm. Then beat with a heavy spoon, adding a few drops of vanilla.

When it begins to harden pour onto a board quickly and knead into a loaf. Nuts may be added at this time.

Peppermint Drops

2 cups sugar

$\frac{1}{2}$ cup water

10 drops oil of peppermint

Put sugar and water on stove together over a steady fire. Boil for five minutes. Remove from the stove, add the oil of peppermint, beat until a little cloudy and drop with a teaspoon on buttered paper.

Jean Margaret Smith (Psi).

Pinoche Loaf

2 cups brown sugar

$1\frac{1}{3}$ cups milk

2 cups white sugar

small piece butter

Boil until it forms soft ball in water. Let stand until cool, beat until it is stiff enough to handle, then pour in onto bread board and knead, then form into a loaf. Add nuts while stirring if you wish.

Grace C. Nelson (Lambda Nu).

Pinoche

- 4 cups brown sugar
- 1 cup condensed cream
- 2 cups English walnuts, slightly chopped

Boil sugar and cream until the mixture forms a soft ball in water. Remove from fire and let stand in a pan of cold water for a few minutes. Then stir in the walnuts and beat until thick and creamy. Pour out on a buttered platter to harden.

Jeannette Fox (Nu).

Pop Corn Balls

- | | |
|-------------------------------------|-----------------------------|
| $\frac{3}{4}$ cup light brown sugar | 1 tablespoon vinegar |
| $\frac{3}{4}$ cup white sugar | $\frac{1}{4}$ cup butter |
| $\frac{1}{2}$ cup molasses | $\frac{1}{4}$ teaspoon soda |
| $\frac{1}{2}$ cup water | |

Put brown and white sugar with molasses, water and vinegar in a saucepan. Let it cook until it spins a thread, then add butter. When the hard ball stage is reached add soda and remove from fire. Put hot syrup over the popped corn. Wet the hands and press into balls.

Julia B. Gould (Lambda Nu).

Stuffed Prunes

Remove stones from one pound fine French dried prunes, cover them with sherry and leave them in covered dish all night. In the morning place the meat of a walnut in each prune and roll in powdered sugar. These may be served with meat course or as a confection.

Elizabeth Whiteley (Sigma).

Sour Cream Candy

Take equal quantities of sour cream and brown sugar, and half the quantity of granulated sugar—add to this a pinch of salt, and after stirring these ingredients thoroughly, cook until a firm ball is formed when dropped into cold water. Remove from the stove and stir until creamy. Nuts make it more delicious and may be used if desired.

Jessie McG. Treat (Upsilon).

A Suggestion

In making fondant for candy, use milk instead of water, thereby obtaining a richer article. Add a few grains of salt when adding extract.
Nellie Mary Ober (Theta).

Taffy

2 cups brown sugar	$\frac{1}{2}$ cup butter
2 cups corn syrup	pinch of salt

Boil until the syrup is brittle when dropped into cold water. Remove from stove and flavor with vanilla. Pour on buttered plates and pull when cool enough to handle. Coarsely chopped nuts may be added after mixture is poured on plate, Brazil nuts being especially good. This candy poured out very thin on buttered tins and left to cool, without being pulled makes good butter scotch.

Ruth Rosholt (Lambda Nu).

Turkish Delight

2 envelopes Knox Sparkling Gelatine
1 large juicy orange
1 lemon
1 pound granulated sugar

Soak the gelatine in two-thirds cup cold water five minutes. Put sugar on stove in two-thirds cup cold water, and when it comes to boiling point add the gelatine. Boil slowly but steadily twenty minutes and add the grated rind and juice of the orange, and the juice of the lemon (there should be one-half large cup of fruit juice). Wet tin with cold water and pour in the mixture to the depth of one inch. When firmly set immerse mould in warm water; turn out and cut in cubes, and roll in confectioner's sugar to which has been added a teaspoon of cornstarch. Vary by using different fruit juices, flavoring and colorings.

Charles B. Knox Co.

Creamed Taffy

4 cups sugar	$\frac{1}{4}$ pound butter
4 cups boiling water	$\frac{1}{2}$ teaspoon of vinegar

Stir ingredients until dissolved before putting on fire. Cook until it cracks hard in water. Pour out very thin in order to cool

quickly. Add flavoring, peppermint or vanilla, just before taking up to pull. Pull as long as possible and cut in thick short pieces. Put in tin boxes between layers of oiled paper until creamed. Coat pieces in melted bitter chocolate.

Dorothy Taylor (Nu).

Glazed Nuts

One cup sugar and one teaspoon glucose, boiled until it becomes very light brown. Turn off heat. Drop nuts into syrup, then onto very cold, well greased platter. Preserved ginger or boiled, well dried French chestnuts may be substituted.

Mary Louise Longbrake (Lambda).

Salted Almonds

1 cup almonds	$\frac{1}{2}$ cup salt
1 pint water	2 teaspoons butter

Blanch almonds. Heat water and salt and when boiling add nuts. Cook eight minutes. Drain and place in baking dish, with butter scattered over them. Bake, stirring frequently, until a light brown. All butter should be absorbed.

E. Winifred Jewell (Chi).

Salted Almonds

Blanch almonds and dry in a cloth. Put a cup of olive oil in a small pan and heat. Fry the nuts, a few at a time, in the hot oil, stirring constantly, until they turn a delicate brown. Remove with a cake spoon and drain well. Spread them on several thicknesses of paper and sprinkle well with salt. Let them get entirely cold before putting away. Pour the oil back in the bottle. By keeping it in the ice box, it can be used several times for nuts.

Jessie Ware Libby (Lambda).

Creamed Walnuts

Omit the cocoanut used in cocoanut cream candy. Add scant teaspoon vanilla. On each side of a small ball of cream put half a walnut meat. Press together and put aside on waxed paper to harden.

Marguerite Halstad (Omicron).

PRESERVES

Jellies

Blackberry Jelly

Cook blackberries and crabapples separately, strain off the juice, then measure equal quantities of apple and blackberry, and boil together hard, for fifteen minutes. Measure again and add a cupful of sugar for each cupful of juice. Boil until the usual consistency of jelly.

Edith Foulke (Lambda).

Cranberry Jelly

Cook one quart of cranberries and one cup water in a covered dish five or six minutes. Then with a pestle press them through a fine sieve. Stir in two cups sugar, and without reheating turn the mixture into a mould. Do not return to the fire after the sugar is added or the mixture will not jelly.

Norma Rosholt Cammack (Lambda).

Currant Jelly

Put the currants in a preserving kettle with stems on, heat thoroughly, to bring out the juice; then put into a bag to drip and then press out all the juice; return juice to kettle, place over the fire and let it get boiling hot; remove from fire, add one pound of sugar with pint of juice, stir until dissolved; then pour into glasses, cover and place in a dry place.

Louise Schriefer (Omicron).

Spiced Currant Jelly

8 cups strained currant juice

8 cups sugar

2 cups vinegar

One tablespoon each of cinnamon, cloves, allspice, and nutmeg, one-eighth teaspoon pepper. Boil all together until it jells. Serve with game or any meat.

Edith C. Smyth (Gamma).

Grape Jelly

Stem and mash the grapes; put into the preserving kettle and boil for twenty minutes. Strain and boil juice five minutes, skimming carefully. Warm sugar, allowing a pound to every pint of juice and add gradually, stirring until thoroughly melted. Pour into glasses and seal.

Louise Schriefer (Omicron).

CONSERVES AND MARMALADES

Apricot Marmalade

Halve and stone three and one-half pounds apricots, add three and one-half pounds sugar, pulp and grated rind of six oranges, the pulp having been put through the meat grinder. Cook until thick about one hour and a half or more, stirring often to prevent scorching. When done add one-half pound blanched almonds, cut into strips. Put into jelly glasses and cover with paraffin.

Constance Gilman Ames (Lambda).

Apricot and Pineapple Jam

Use equal parts of apricots and pineapple. Peel the pineapple and put through meat grinder. Measure pulp and cook with a little water until very soft. Seed apricots and put through meat grinder without peeling. Measure pulp. When the pineapple is cooked, add apricots and cook down, stirring constantly. When fruit seems about done add three-fourths as much sugar as there was fruit before cooking. Cook to a jam. The longer it is cooked after the sugar is added, the darker the jam will be.

Jessie K. Fitzpatrick (Phi).

Carrot Marmalade

Boil three pounds carrots until soft. Put them through the meat chopper, using a large knife. Add three pounds sugar (two-thirds of this may be corn syrup), juice and rind of six lemons and one orange. One cup blanched almonds chopped fine may be added. Boil one hour until thick.

Marian Prest (Lambda).

Cherry Conserve

Use pie cherries. To two quarts seeded cherries, add juice and thin yellow grated rind of four oranges, and add four pounds granulated sugar. Cook until thick and just before taking from the fire, add one-half pound of English walnut meats, broken.

Leonora Mann (Lambda).

Cherry Conserve

- 2 quarts pitted cherries
- 1 quart shredded pineapple
- 3 quarts sugar
- 1 pound walnuts

Mix fruit and sugar and let stand over night, then cook slowly until it is like jelly. Add walnut meats, put into jars and cover with paraffin.

Irma Child Browne (Beta).

Cherry and Raspberry Conserve

- 3 boxes cherries
- 2 boxes raspberries

Cook ten minutes and measure, then add one cup sugar to each cup of fruit. Cook until thick a little over an hour.

Helen Plant Southall (Lambda Nu).

Sunshine Cherries

Boil four pounds sugar and one cup water to a syrup, add four pounds pitted cherries and boil four minutes. Turn out into platters, protect with a glass and set in the sun for three days. The cherries may be stored in mason jars, or may be placed in jelly glasses and sealed with paraffin.

Evelyn N. Walbridge (Omega Sigma).

Combination Marmalade

- 2 grape fruit
- 2 navel oranges
- 2 lemons

Shave all very fine (skin and pulp). To one pound of fruit add one quart of cold water. Allow it to stand over night. Second day—boil it until tender. Third day—weigh the mixture and make it cup for cup with sugar. Boil it until thick, be careful it does not stick. Pour into glasses and seal tight.

Marguerite Dauson Winant (Omicron).

Conserve

1 quart fresh gooseberries
 1 quart fresh currants
 ½ pound chopped raisins
 2 oranges; use pulp and rind of 1
 equal measure of sugar

Boil twenty minutes.

Marian Prest (Lambda).

Four Measure Jam

1 quart red raspberries
 1 quart gooseberries
 1 quart stemmed currants
 1 quart pitted cherries
 equal measure of sugar

Cook slowly about one-half hour until juice is clear and thickens a little in a saucer. One-half pound pecans may be added just before putting into jars.

Helen Hetzner (Sigma).

Gooseberry Jam with Orange

5 quarts gooseberries
 4 oranges, juice and finely chopped rind
 2 pounds raisins
 3½ pounds sugar

Cook about thirty minutes.

Frances Firkins (Lambda).

Spiced Gooseberries

5 pounds fruit
 4 pounds sugar
 1 pint vinegar
 1 teaspoon cinnamon
 1 tablespoon cloves
 1 teaspoon salt
 1 teaspoon pepper, black and red

Stir constantly while cooking until thick.

Helen Humphrey Lawrence (Lambda).

Grape Fruit Marmalade

3 large grape fruit to
 3 lemons, sliced very fine
 1½ cups water to each cup sliced fruit

Let stand twenty-four hours. Add one pound of sugar to one pint of fruit. Boil three or four hours very slowly.

Leulah Judson Hawley (Lambda).

Grape Fruit Marmalade

1 or 2 grape fruit (2 preferably)

1 orange

1 lemon

Slice the fruit in small pieces, cover with three times as much water as fruit and let stand twenty-four hours.

Boil ten minutes.

Let stand another twenty-four hours.

On the third day add sugar to the mixture, pint for pint.

Boil until it jellies, stirring as little as possible.

Always keep the above uncovered while standing and cooking.

Aileen Belyea Critchell (Lambda Nu).

Grape Fruit Marmalade

2 large grape fruit }
1 large lemon } cut fine

2½ times quantity of water

Soak seeds in cup of water over night.

Second morning

Add seed water and boil three-fourths hour.

Third morning

To one pound pulp add one pound sugar and boil one hour.

Only boil fifteen minutes after sugar is put in.

Marion Gaylord Kellogg (Lambda).

Grape and Nut Conserve

3 pints grape juice

3 pounds sugar

2 lemons, grated rind and juice

6 oranges, chopped

2 pounds raisins, chopped

1 pound walnuts, chopped

½ pound filberts, chopped

Dissolve sugar in juice, add other ingredients and simmer until thick. Needs to cook about one hour. Serve with meats.

Harriet Merrill Clifton (Lambda).

Orange Marmalade

2 oranges

2 lemons

Cut fine and add eleven cups water. Let stand twenty-four hours uncovered. Boil two hours without sugar; then add four pounds sugar and cook until done. Makes just twelve glasses. (four pounds sugar equals about nine cups).

Alcetta Gilbert Clarke (Lambda).

Oriental Jam

7 pounds currants

2 pounds raisins, stoned

6 pounds white sugar

2 oranges, cut fine

Boil raisins and oranges in a little water fifteen or twenty minutes. Add to the currants and sugar. Boil hard from one-half to three-fourths of an hour.

Grace C. Nelson (Lambda Nu).

Peach Conserve

1 dozen peaches

$\frac{1}{2}$ dozen oranges, rind grated and pulp sliced

$3\frac{1}{2}$ pounds sugar

1 pint water

$\frac{1}{2}$ pound chopped almonds

Boil about twenty-five minutes.

Fanchon Hooper (Kappa).

Ginger Pears

8 pounds pears, sliced thin (solid green ones are best)

$\frac{1}{2}$ pound preserved ginger, sliced thin

4 lemons, sliced with rind

8 pounds sugar

1 pint water

Cook one hour, or until pears are transparent.

Edith Foulke (Lambda).

Pie Plant Conserve

1 cup pie plant. cut very fine

1 orange, pulp and juice

1 teaspoon grated yellow rind of orange

1 teaspoon lemon juice

$1\frac{1}{2}$ cups sugar

Let this stand on back of stove until the sugar is dissolved, then boil rapidly until transparent. Add one-half cup blanched almonds cut into thin slices. Boil up just once and put into glasses or jars.

Leonora Mann (Lambda).

Pineapple and Strawberry Preserves

Shred one pineapple, add three boxes of strawberries and cover with their weight in sugar. Let stand a few hours and then boil about half or three-quarters of an hour. Put in jelly glasses.

Katharine Hewson Johnson (Lambda Nu).

Plum Conserve

- 1 basket blue plums, pitted before cooking
- 1 pound figs, cut fine
- 1 cup English walnuts or pecans, broken
- 1 quart sugar, or more if needed

Cook until thick.

Blanche M. Harris (Lambda).

Plum Conserve

- 1 basket red plums
- 1 pound seeded raisins
- 3 oranges and 1 lemon, run through the grinder
- 4 parts of fruit to 3 of sugar

Boil until thick.

Cecelia E. Otis (Lambda).

Plum Conserve

- 1 basket of blue plums
- 5 or 6 muskmelons (depends on the size)
- juice of 2 lemons
- 2 cups shelled walnuts or pecans
- 5 pounds sugar

Seed the plums, cook the skins and pulp with the sugar, and if needed, add a little water to keep from burning. Cut the melons in small pieces. Add after the plums have cooked a while, especially if very ripe. Add the lemon juice and cook until thick. Add the nuts the last ten minutes

Juanita Williams (Lambda).

Quince Honey

Core one-half peck quinces, without paring, and put through meat grinder. Add sugar, pound for pound. Boil sugar in the fruit juice until it strings. Add fruit and cook ten minutes. This makes eight pints.
Grace E. Telling (Chi Sigma).

Quince Honey

2 large quinces
2 pounds sugar
1 pint water

Cook twenty minutes and put into glasses.

Angeline Power Thatcher (Alpha Beta).

Raspberry Conserve

1 quart red raspberries	1 pound English walnuts
1 quart cubed rhubarb	2 oranges, cut very thin
1 pound seeded raisins	2 lemons, cut very thin
1 pound sugar to every pound of fruit	

Cook one-half hour or until thick as jelly.

Edith Pope (Rho).

Rhubarb and Fig Conserve

5 pounds rhubarb, cut in dice
1 pound figs, cut in shreds
1 lemon, cut fine
 $\frac{3}{4}$ weight sugar mixed in, stand over night, cook until a rich

conserve.

Harriet Moore Pier (Lambda).

Strawberry Marmalade

5 cups rhubarb, cut small, without being peeled
1 quart strawberries
5 cups sugar

Use no water, start slowly and cook until thick.

Josephine Warren Rescott (Rho Sigma).

Strawberry and Pineapple Jam

- 2 cups strawberries
- 1 cup pineapple chopped fine
- 3 cups sugar

Cook from twenty to twenty-five minutes over a good fire and stir all the time.

Florence Bemis Reed (Omega).

Sun Preserved Strawberries

Pick out perfect strawberries and ones not too ripe. Put on a platter. Make a rather thick syrup of sugar and water. Pour hot over the berries.

Set the platter in the yard where the sun can bake the berries for three consecutive days. Turn the berries each day with a hat pin.

If not thoroughly baked at end of three days put platter of berries in a heated oven with no fire and let them stand until done.

Then fill jelly glasses with the fruit and cover with paraffin.

Cherries may be preserved in the same way.

Gail Hamilton Luther (Lambda Nu).

Tomato Conserve

- 2 pounds tomatoes
- 2 pounds sugar
- juice of 2 oranges
- juice of 2 lemons

Raisins and nut meats to taste. Chop peel of oranges and lemons. Add enough water to simmer until soft. Add to the other ingredients and boil until sufficiently thick.

Theodora Carpenter (Lambda).

Tomato Jam

- 4 pounds ripe tomatoes
 - 2 pounds brown sugar
 - 1 pint vinegar
 - 2 teaspoons cinnamon
 - 2 teaspoons cloves
 - 2 teaspoons salt
- Simmer two hours.

Helen K. Loman (Xi).

CATSUP AND PICKLES

Mustard Beans

Cut up one peck of butter beans and cook until tender in salted water. Make a dressing of two cups sugar, one-half cup mustard, and one-half cup flour.

Mix in a little cold vinegar and cook in three cups hot vinegar. If it be too thick, thin with cold vinegar. Add one tablespoon celery seed and scant teaspoon turmeric. Pour dressing over the beans and can while hot.

Jean Sharpe (Xi).

Bordeaux Sauce

4 quarts green tomatoes, sliced thin

4 quarts cabbage, sliced thin

8 small onions, sliced thin

2 red peppers, chopped

1½ tablespoons turmeric

1 tablespoon allspice, whole

2 tablespoons celery seed

1½ tablespoons white mustard seed

2 cups sugar

4 even tablespoons salt

2 quarts vinegar

Boil twenty minutes.

Mrs. Truair (Rho Sigma).

Grape Catsup

5 pounds grapes, boiled and strained

3 pounds sugar

1 tablespoon allspice

1 teaspoon cinnamon

1 pint vinegar

1 teaspoon ground cloves

½ teaspoon salt

1 teaspoon black pepper

Let it boil slowly for one hour, stirring occasionally. Bottle while hot.

Mabel Bath (Omicron).

Catsup Without Spice

2 dozen ripe tomatoes	1½ cups sugar
6 large onions, chopped	4 tablespoons salt
3 red peppers, cut fine	1 ounce ginger root
2 quarts vinegar, not too strong	

Boil down until thick as catsup.

Katherine H. Johnson (Lambda Nu).

Tomato Catsup

1 peck ripe tomatoes, washed and halved
3 or 4 red peppers, chopped, with seeds removed
1 tablespoon whole cloves
4 or 5 inches stick cinnamon
4 bay leaves
1 teaspoon ground mustard
4 onions, sliced

Bring to a boil and simmer three-quarters of an hour. Press through a sieve or fine colander. Return to the fire, add one pint vinegar, one cup sugar, four tablespoons salt. Cook until thick enough to bottle.

Clara King Allen (Lambda).

Cauliflower Pickles

Divide a large head of cauliflower into pieces, wash and boil with a dozen white button onions, in salted water until about half done. Drain the cauliflower and onions, add a dozen pickles. Cut into one-half inch cubes. To two quarts of vinegar, add two cups of sugar, two teaspoons celery seeds, and one teaspoon of mustard seed. Bring the whole to a boil. Mix together three-fourths of a cup of flour, one-fourth pound ground mustard, one tablespoon turmeric powder and enough cold water to make a paste; add this mixture to the boiling vinegar and continue the boiling five minutes longer. Then add onions and cauliflower, reheat and seal.

The safest kettles to use are the agate or porcelain lined. Wooden spoons are to be preferred in the mixing. Best vinegar and spices. A few bits of horseradish give life to the vinegar.

Celery Relish

- 10 stalks celery, cut in dice
- 4 ripe cucumbers, seeded, peeled and diced
- 6 green peppers, cut fine
- 3 red peppers, cut fine

Sprinkle with a cup of salt and let stand three hours. Strain and scald in weak vinegar ten minutes. Strain and add six tablespoons of white mustard seed, one-half cup of sugar, one cup olive oil, one pint vinegar. Bottle and keep in cool place.

Harriet Moore (Lambda).

Cherry Olives

Fill a quart jar with large sweet cherries, leaving stems on, packing as closely as possible. Mix together one tablespoon salt, one cup cold vinegar and pour into the jar of cherries. Fill with cold water. Put on rubber and top as usual, turn upside down once or twice, and leave at least two weeks before using. These are not to be heated in any way and will keep perfectly, making a solid salty pickle to use with meats.

Mrs. J. C. Elliott King (Lambda).

Chicago Hot

- 1 peck ripe tomatoes, cut up into small pieces and drained
- 2 cups chopped celery
- 2 cups onions
- 1 cup grated horseradish (a bottle of the prepared horseradish may be used)
- 1 cup white mustard seed
- 2 cups sugar
- 2 long red peppers
- 2 tablespoons mixed spices, cloves, cinnamon, allspice
- 6 cups vinegar
- 2 green peppers
- 1 cup salt

Mix cold and put in a stone jar.

Marie Barnes Morrow (Lambda).

Chili Sauce

12 large tomatoes	2 tablespoons salt
4 green peppers	1 cup sugar
4 large onions	3 cups vinegar

Chop vegetables fine, add the seasoning and simmer until well cooked, from two to three hours. This makes three pints.

Margaret F. Williams (Omega).

Chili Sauce

12 large tomatoes—ripe	1 teaspoon cloves
1 small red pepper	1 teaspoon cinnamon
4 apples	1 teaspoon ginger
4 onions	3 cups vinegar
2 tablespoons salt	3 cups sugar

Chop fine, boil two hours, excepting the apples. Chop these separately and add one-half hour before removing from stove. Put spice in when sauce is nearly done. Seal.

Edith Steele McGregor (Pi).

Chopped Pickles

24 green tomatoes, chopped and drained	
2 red peppers, chopped fine	4 cups sugar
4 green peppers	4 tablespoons salt
8 large onions	2 tablespoons celery seed
4 tablespoons white mustard	8 cups vinegar

Chop peppers and onions together. Heat all ingredients together.

Grace C. Nelson (Lambda Nu).

Corn Relish

2 dozen ears corn	
1 head cabbage	2 ounces mustard
4 large onions	$\frac{3}{4}$ cup flour
6 red peppers	$\frac{1}{2}$ cup salt
2 quarts vinegar	1 teaspoon turmeric
3 cups sugar	2 ounces celery seed

Cut corn off cob, chop ingredients, cook vinegar and dry ingredients, add vegetables. Boil forty minutes.

Florence Winterer (Lambda Nu).

Cucumber Pickles

Use small cucumbers (pickle size) as near the same size as possible. Wash and wipe carefully. Fill mason jar half full, then put into jar, one tablespoon white mustard seed, one tablespoon salt, one tablespoon sugar (put in more sugar if you want a sweeter pickle). Finish filling the jar with the cucumbers, then pour on cold vinegar until the jar is full and seal. Leonora Mann (Lambda).

Cucumber Pickles

2 quarts small cucumbers, soaked in weak salt water 24 hours

$\frac{1}{3}$ cup salt

$\frac{1}{3}$ cup ground mustard or mustard seed

$\frac{3}{4}$ cup granulated sugar

1 quart pure cider vinegar

Mix salt, sugar and mustard together, then add vinegar. Put cucumbers in jars, leaving about one inch at the top of jar for horseradish root and grape leaves. Stir liquid thoroughly, pour over cucumbers and seal. Mrs. Haviland (Phi).

Cucumber Pickles

500 small cucumbers, washed, rinsed and dried

$\frac{1}{2}$ dozen onions, sliced

1 dozen red peppers, long slender kind

2 roots horseradish, scraped and cut in small pieces

Place in jars in layers. Put in a kettle one gallon good cider vinegar, one cup salt, four pounds brown sugar, alum (2 cents worth) and two ounces mixed spices. Let come to a scald and pour over pickles. Cover and seal. Jane Havens (Rho).

Sliced Cucumber Pickles

Peel and slice three dozen cucumbers and one dozen onions. Salt separately and let stand over night. In morning drain, mix, pack in jars. Put in porcelain kettle two cups sugar, five cups vinegar, three teaspoons white mustard seed, two teaspoons ground white pepper, one tablespoon celery seed. Let come to boil and when perfectly cold, add four tablespoons horseradish. Pour over pickles and seal. Breta Bills (Kappa).

Different Pickles

Take large green cucumbers about the size for slicing, cut them lengthwise and soak in ice water for two hours. Then pack in glass jars with sliced onions and pieces of celery.

Heat one quart of vinegar, one-half cup salt and one cup sugar. Just bring to a boil and pour over the cucumbers in jar. Seal and let stand two or three days, when they are ready for use.

Bessie Gates (Beta).

Winter Dill Pickles

Fill jar with layers of cucumbers, dill, whole pepper and mustard seed. Boil thirteen cups water, one cup salt, and one cup vinegar, and pour hot over pickles. Seal jars air tight.

Mabel Sterne (Kappa).

Sweet Dill Pickles

6 dozen dill pickles
1½ quarts vinegar
9 pounds white sugar
5 or 6 sticks cinnamon
small handful of cloves (whole cloves)
5 cents of alum

Slice pickles, put them in a jar. Boil vinegar, sugar, spices. Pour over pickles. The next morning drain off syrup and boil it up again and pour over pickles. Do this every morning for four or five mornings or until the pickles taste right.

Grace C. Nelson (Lambda Nu).

Pickled Figs

10 pounds figs, green

Soak over night in salt and water. Rinse thoroughly and cook in syrup consisting of six pounds of sugar to one pint of vinegar, until tender and clear golden color.

Edith C. Smyth (Gamma).

Higdom

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|------------------------------|--------------------------|
| 1 peck green tomatoes, pared | 8 large onions |
| 2 small cabbages | 5 peppers, green and red |

Chop all, put in a jar, sprinkle with one-half cup salt, put plate and weight on top and let stand over night. In morning drain and boil with just enough vinegar to cover and three cups sugar. Put in a bag and cook with this:

One stick cinnamon, one tablespoon whole allspice, one tablespoon whole cloves. When cooked thoroughly remove bag and add one tablespoon celery seed, one tablespoon each black and white mustard seed.

Theodora Carpenter (Lambda).

Cold Meat Sauce

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| 1 peck ripe tomatoes, chopped | |
| 2 small red peppers, chopped | |
| 2 cups chopped onions | |
| 1 cup salt | 2 teaspoons cinnamon |
| 2 cups chopped celery | 1 teaspoon cloves |
| 1 cup mustard seed | 2 quarts vinegar |

Discard juice of tomatoes. Mix all ingredients thoroughly. Bottle in air tight jars.

Marguerite Thompson (Sigma).

Oil Pickles

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| 50 medium sized cucumbers | |
| 1 quart small onions | |
| ½ small sackful salt | |
| 1½ ounces black pepper, whole | |
| 1½ ounces white mustard seed | |
| ½ ounce celery seed | ½ pint olive oil |

Slice cucumbers thin, sprinkle with part of salt; let stand three hours, then drain. Slice onions and sprinkle with rest of salt, let stand two hours, then drain and mix with cucumbers. Add pepper, mustard, celery seed and oil, and mix thoroughly. Scald enough good vinegar to cover. Put in glass jars and seal.

Mrs. Charles Loring (Lambda).

Peach Mangoes

Use the large freestone peaches, pare with silver knife as thin a peeling as possible. Cut in halves and remove the seed. Fill the cavity with maraschino cherries or with following mixture. Cut one cup of preserved ginger into thin slices, add one teaspoon grated horseradish, one mustard seed, one teaspoon celery seed and one-half teaspoon black pepper seed.

Tie the halves together carefully and drop into a syrup made as follows:

To one quart of vinegar add three pints of sugar, two ounces each of cloves and cinnamon bark (put spices in a muslin bag and drop in the syrup).

Let the fruit cook very gently in the syrup until tender, then lift from the syrup and place in the jars. Cook the syrup until slightly thick, then pour over the peaches and seal.

L. R. Flom (Tau).

Pickled Peaches

8 pounds peaches

4 pounds sugar

1 pint vinegar

Stick two or three cloves in each peach. Add a few sticks of cinnamon to syrup. Cook until peaches are tender (five or ten minutes). Take out on platter to cool. Then put in jars. Pour cold syrup over them. Let stand twenty-four hours. Then seal. For all fruit pickles.

Grace C. Nelson (Lambda).

Pickled Peppers and Green Tomatoes

3 quarts green tomatoes, sliced in inch slices

1 quart white onions, sliced

1½ dozen green peppers, seeded and sliced

½ cup salt

Sprinkle salt over the vegetables and let stand over night. In the morning drain and pour over them two quarts cider vinegar, one-half cup sugar, one tablespoon whole cloves, one-half ounce stick cinnamon and a little allspice. Cook gently fifteen minutes after it begins to boil, leaving cover partly off. Add one ounce mustard seed. Put in earthen jar for a month, then add one cup sugar and boil for five minutes.

Jessie Ware Libby (Lambda).

India Relish

12 large ripe tomatoes, peeled and chopped fine

12 large tart apples, peeled and cut up

4 onions ½ cup salt

1 quart vinegar 3 cups sugar

1 teaspoon ground ginger, cinnamon, and cloves

½ teaspoon cayenne pepper

Boil tomatoes, apples and onions in vinegar until tender, then add other ingredients. Boil until quite thick, and bottle.

Harriet Merrill Clifton (Lambda).

Sweet Pickles

Take large ripe cucumbers, peel, quarter and take out pulp, cut about four inches long. Sprinkle with salt and a little alum and let stand over night. Drain thoroughly. Boil until tender in vinegar to cover well, add sugar and spice to taste. After removing the cucumbers, boil liquor down until thick, and pour over pickles.

Elsie Long Martin (Sigma).

Tomato Soy

12 large tomatoes

1 small red pepper (seeds removed)

4 apples

4 onions

2 tablespoons salt

1 teaspoon each cloves, ginger, and cinnamon

2 cups vinegar

1½ cups sugar

Chop fine, boil all two hours, except apples. Add these one-half hour before removing.

Edith C. Smyth (Gamma).

Watermelon Pickles

One large melon makes a gallon of pickles. Use green part of the melon after thin outside skin is removed. Cover with water in which is dissolved a small piece of alum. Boil three hours. Drain over night. Put six pieces of cinnamon, a large tablespoon of whole

cloves and four pieces of mace in bags and boil in three pints of vinegar and seven cups of sugar for about twenty minutes. Pour over pickles. Let stand over night. Pour off for three mornings and boil, pouring back over pickles each time. The fourth morning boil pickles too. When done the syrup should be thick. Put in jars and do not seal.

Ethel M. Tukey (Kappa).

Watermelon Pickles

Peel rind of watermelon, leaving trace of pink on inner edge. Steam until tender. Place in stone jar and cover with cold vinegar. Let stand twenty-four hours. Make thin syrup of sugar and vinegar. After twenty-four hours, drain watermelon. Pour hot syrup over rind.

Let stand over night. Drain (it is better to throw away this first residue as the good has been absorbed by the rind). Make a new syrup, adding a few drops of oil of cloves and oil of cinnamon. Repeat this process for seven or eight days until the syrup is thick and the pickles thoroughly preserved, using same syrup every day, but adding more sugar and spice. These pickles are light in color and perfectly clear. Pack in jars.

Ina Firkins (Lambda).

WEIGHTS AND MEASURES

- 3 teaspoons of liquid = 1 tablespoon
- 4 tablespoons of liquid = $\frac{1}{2}$ gill, $\frac{1}{4}$ cup, or 1 wineglass
- 1 tablespoon of liquid = $\frac{1}{2}$ ounce
- 1 pint of liquid = 1 pound
- 2 gills of liquid = 1 cup or $\frac{1}{2}$ pint
- 1 cup = $\frac{1}{2}$ pint
- 1 heaping quart sifted flour = 1 pound
- 4 cups flour = 1 quart or 1 pound
- 1 rounded tablespoon of flour = $\frac{1}{2}$ ounce
- 3 cups of corn meal = 1 pound
- 1 cup butter = $\frac{1}{2}$ pound
- 1 tablespoon of butter = 1 ounce
- Butter the size of an egg = 2 ounces
- Butter the size of a walnut = 1 ounce
- 1 solid pint of chopped meat = 1 pound
- 10 eggs, medium size = 1 pound
- 2 cups of granulated sugar = 1 pound
- 1 pint of brown sugar = 13 ounces
- $2\frac{1}{2}$ cups of powdered sugar = 1 pound

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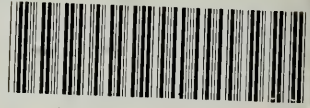
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